Chichester Herald

Friday 5th October 2012
YOUR FREE WEEKLY NEWSPAPER

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Theatre's big year

>> *Festival Theatre in award nominations*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER Festival Theatre has received five nominations in this year's Theatre Awards as the venue celebrates its 50th Anniversary.

And West Wittering celebrity Michael Ball is named as one of the nominees after his superb performances in Sweeny Todd.

These nominations recognise the work of actors and creative teams in several acclaimed productions from Festival 2011 and Festival 2012.

The Awards – formerly known as the TMA Theatre Awards – are given by the Theatrical Management Association, and include not only London's West End, but theatres throughout England, Ireland, Scotland and Wales. The Awards ceremony will be held on October 28 at London's Guildhall.

Jonathon Church, Artistic Director at Chichester Festival Theatre, said "We're delighted to receive these nominations. It's been a particularly exciting year as 2012 marks our 50th anniversary, and we have worked with a brilliant range of actors and creative teams. It's gratifying to have such an exciting time recognised by the theatre industry."

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has been [illegible] Michael Ball as [illegible]

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Records smashed at charity yacht race

A RECORD number of entrants, over £20,000 raised for a worthy charity and a spectacular day's sailing in near perfect weather conditions all added up to a supremely successful 11th St Wilfrid's Hospice Nab Challenge held off Chichester Harbour.

The amount raised for the Hospice exceeded that donated after last year's event, itself a record, and means the total raised by the Nab Challenge since its inception is expected to be close to £150,000, reflecting the rapidly growing popularity year on year, of this well organised event.

"Once again, we have set the bar high," said ISCC spokesman Mark Taylor. "And in this year of high sporting achievements we have risen to the challenge once again and raised a fantastic amount of money for St Wilfrid's."

Overall winner with the highest points total was Alan Stannah on his boat Sally of Kames. The ATAG trophy for the boat that raised the most money was won by Derrick Pope who raised £3200 through sponsorship of his yacht Valkyrie, while the Tempest Fugit Trophy for the club that raised the most money will be going to Itchenor Sailing Club which raised an incredible £7180 for the Hospice. The winner in the Sunbeam Class for the second year was Gayle Palmer's yacht, Little Lady.

The 11th St Wilfrid's Nab Challenge underway off Chichester Harbour was blessed by fine weather and a fair wind

Class winners included Marcus Hyde with his yacht Veruska in Class B and David Gammon with his yacht Euphoria in Class C, both members of the Iron Shore Cruising Club. All will be presented with their trophies at a special presentation to be held for the first time at the Itchenor Sailing Club on Saturday, October 13, starting from 11am and followed by a buffet lunch.

Organised by the Iron-Shore Cruising Club and sponsored by Chichester-based boiler distributor, ATAG Heating UK, the Nab Challenge takes place over a 12 nautical mile course from a start line just outside Chichester harbour, around the Nab Tower and back. It attracts entrants from sailing clubs throughout Sussex and beyond.

"It was extremely encouraging to see so many new entrants this year," said Phil Bell, Managing Director of headline sponsors, ATAG Heating. "It's thanks to the incredible generosity and support from local people that this event is so successful and long may it continue."

St Wilfrid's provides specialist palliative care for people suffering from cancer, Motor Neurone Disease and other terminal illnesses. Contributions from the public and special events like the Nab Challenge are crucial so that it can continue to offer this vital service to the local community, as only 15% of its costs are funded by the NHS.

Since it opened in 1987, St Wilfrid's has cared for over 10,000 local people and at any one time provides care for 210 patients while offering support to their families and friends.

Continued from page 1

The Festival Theatre nominations are in the following categories:

- Best New Play: South Downs by David Hare
- Best Performance in a Play: Henry Goodman in The Resistible Rise of Arturo Ui
- Best Musical Production: Sweeney Todd, directed by Jonathan Kent
- Best Performance in a Musical: Michael Ball in Sweeney Todd
- Best Performance in a Musical: Imelda Staunton in Sweeney Todd

The year also marks the start of an ambitious campaign, RENEW, to raise the £22 million required to upgrade the Festival Theatre. Arts Council England (ACE) has recently confirmed a commitment of £12 million towards the campaign. This unlocks an additional £8 million in pledged local support from businesses, trusts and individuals, and, most notably, from West Sussex County Council and Chichester District Council who have pledged £1.5 million and £500,000 respectively.

Planning permission for the major redevelopment of the Grade II* listed building has been granted and local authorities, businesses and the community are supporting the plans which will safeguard the Theatre and maintain its positive regional impact for many decades to come.

City prepares for Christmas

CHICHESTER'S Christmas Light Switch On will take place in the heart of the city on Saturday 24th November and will prove to be the biggest celebration of Christmas in Chichester yet. Chichester City Centre Partnership is managing the Christmas Lights Switch On event, in conjunction with Chichester Chamber of Commerce and the day promises something for everyone, encouraging shoppers and visitors to get into the Christmas spirit.

Throughout the day, entertainment will take place in the main streets including Mr Alexander's Travelling Show, Dan the Hat and Nick Stein, who will please and delight crowds with various tricks, juggling and amazing feats of magic.

Musical interludes include The Rock Choir, Petworth Band and various school choirs with traditional Christmas carols. Chichester streets will be filled with stilt walkers, musicians, and local stalls offering mince pies, sweet treats, Christmas Wreaths and mulled wine. Father Christmas will also be paying us a visit for the day with the Chichester Lions taking children's orders for Christmas Day presents.

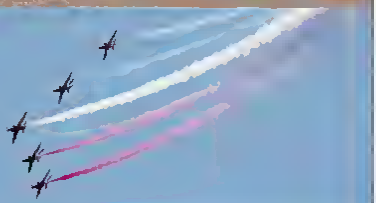
From 4pm the City centre will be closed to traffic until 8.00pm for hassle free late night shopping, with the Christmas lights being switched on from West Street outside the Cathedral, at 7.00pm. A grand firework display and music from Spirit FM will continue afterwards as shops stay open for business, for shoppers to continue working through their Christmas lists.

Many shops in the City Centre will be offering discounts and treats, with staff dressed up in the Christmas Spirit and all streets of the Christmas Shop Window Competition will be listed on www.chichesterbid.co.uk and in the Christmas Festivities leaflet, available to visitors and shoppers in advance.

More information will be unveiled about the Christmas Lights Switch On Event over the next few weeks on www.chichesterbid.org.uk

ALBERT STUDIO GALLERY

ONE DAY DIGITAL PHOTOGRAPHY WORKSHOP



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Tommy Boyd

NAIVETE

I am naive often Or at best trusting in people.

SIR JIMMY SAVILLE

I did a TV show with him once and for reasons I still can't fathom he asked me to join him on a charity run I was 24 He was doing 12 miles a day for a whole month all round the country I did Wembley to Ruislip with him as I remember It was just the two of us and running you talk a lot. He had 3 topics fame money and women

HERE ARE SOME SNIPPETS:

JS "Tell me young man, what car do you drive?"

TB "A Mini"

JS: "That's a good pulling car the Mini I had a Mini and it really pulled the birds My Rolls Royce would you believe is rubbish for pulling "

Another

JS: "Do you know how much I get paid for "Saville's Travels"? (His Radio One Show) I get £6 50 per show I charge the BBC the union minimum so the accountants can t get me sacked for being expensive Keeps my name in lights you see "

TB "How do you make your money then?"

JS "Well take today We re running along for charity and my assistants are going round with collecting tins. They might rake in a couple of hundred quid. But look at my shorts They re covered in company logos and the local press are filming and photographing my every move Each one of those logos earns me £25 000 That's mine "

Another

JS: "Where do you live?"

TB "A flat in Richmond Where do you live?"

JS "I have a flat in London and in Manchester A house in Scunthorpe another in Blackpool Thirteen houses in all Including a house in Tokyo with a new Toyota in the garage I ve never even seen."

TB "How come?"

JS: "Never get paid in cash Ask for a house or a car The taxman can t work out what's a quarter of a car "

Then (I m sorry this is creepy knowing what we are now told)

JS: "When I go out on the pull I write my telephone number on lots of little bits of paper If I see a lady I like I slip her one of the pieces of paper I ve got two phones in my flat, so if one rings the next day, I know it's a lady worth meeting I leave it for a few days sometimes ladies are shy Then I block the phone number get a new number and off I go again "

WARNING

After we finished the run one of his assistants was chatting to me, suddenly she said, out of the blue "Don't get anywhere near Jimmy okay? He has no friends just "associates" There are things you don't need to know And I can t tell you anymore because he knows how to take revenge " And she looked at me with eyes I can t forget

Most people in the media suspected Ll's truly astonishing he behaved the way he did apparently harming so many lives all the while in the nation's spotlight In our hearts And no one got it out there

Let us know what you think

@chiherald

CONTACT TOMMY AT: TOMMY BOYD@CHICHESTERHERALD CO UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@CRTull

"The is a distinct lack of parking in #chichester 20 minutes driving round to find somewhere to stop!!"

@smith760

"Walking thro Chichester in shorts & a random young lady said to ME "you ve got lovely legs" @jabssettsmith gobsmacked!#ILikeChichester!"

@RDCupcakes

"The level crossings in Chichester are ridiculous! Stay down for 4 trains!"

@allairdcoo

"Its actually sunny in Chichester today #whatthe"

@EmilyPagett

"Hot boy on the tv show, I m like 'O he's hot' He s like 'I m fromChichester' #typical"

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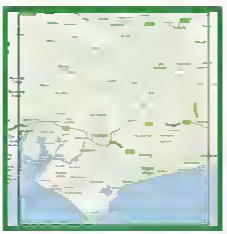
Chichester
FREE EVERY FRIDAY HERALD

Chichester Herald [illegible] available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops We also distribute at east and newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include:

Aldwick Arundel Barnham Birdham Bosham Bracklesham Chichester Fontwell Goodwood Midhurst Nyetimber Pagham Pease Green and East & West Wittering



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Free Cardio Event.

Check your Pulse!: Screening for stroke prevention in the over 65s

Date: Thursday 25th October 2012
Time: 7pm
Place: Nuffield Health Chichester Hospital - 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Atrial Fibrillation (AF) is a common heart rhythm abnormality which increases with age and affects approximately 1 in 20 of the over 65s. It is a leading cause of major stroke but this risk can be reduced dramatically by appropriate use of blood thinners (anticoagulants). Not all patients with AF have symptoms and recent guidelines have highlighted the importance of screening in the over 65s with a simple pulse check (for irregularity) and subsequent heart tracing (ECG) if AF is suspected.

In support of these recent guidelines Dr Mark Tanner will be hosting a free talk at Nuffield Health Chichester Hospital. A free pulse check and, if needed, a further ECG will be available.

To book please call 0808 256 9093

Nuffield Health
hospitals

Join in and celebrate the return of the Chichester Half Marathon

IF YOU'VE been inspired by the London 2012 Olympics, there's still time to join in and celebrate the return of the Chichester Half Marathon by signing up to run or becoming a volunteer.

The multi-terrain event takes place on Sunday 14 October in the city centre and the surrounding countryside, in support for the Chichester-based charity Children on the Edge.

The Children on the Edge charity exists to help the most marginalised and vulnerable children in our world, those literally 'on the edge'. The money raised from the marathon will provide the charity with a useful income enabling them to continue their work.

"This is a challenging run with some steep ascents, and will include some fantastic views of Chichester Cathedral, the Cross, Priory Park, Chichester Festival Theatre and Goodwood," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"It starts and finishes in the rear car park at Chichester College and is suitable for all runners of all levels of experience. If you've been inspired by the Olympics and Paralympics, this is your opportunity to get active and support a community event.

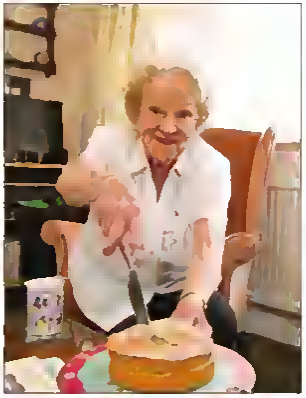
"We also need volunteers to help marshal the race. So if you want to be involved in this exciting event but don't want to enter the race, why not lend a hand as a volunteer? It is a very rewarding way to play a big part in the success of the day – and you don't need any previous experience as you will be fully briefed before the day.

"We also want to encourage as many people as possible to come down and cheer on the runners as they pass to help keep them going!"

If you would like to sign up to the Children on the Edge Chichester Half Marathon or see a map of the route, please go to www.chichester.gov.uk. You have until Friday 5 October to submit your entry.

If you would like to volunteer, please contact Ben Pelhill, Sport Development Officer at Chichester District Council, on 01243 534857 or bpelhill@chichester.gov.uk.

Records broken during morning



Joan Bebbington [illegible]

THE WORLD'S biggest Coffee Morning is Macmillan Cancer Support's biggest fundraising event and last Friday (28 Sep) saw a record number of people hold their own special morning.

In 2011, 51,000 people signed up to coffee morning, raising a record £10 million.

This year it looks to be the biggest yet with over a record breaking 100,000 people signing up!

In Chichester alone over 260 hosts signed up and supported the charity in their flagship event, like local resident, Joan Bebbington who used to work with the founder (Douglas Macmillan) of cancer charity Macmillan Cancer Support.

Joan, who turned 90 the day after the event, has been supporting coffee morning since day one.

"I remember the first one I hosted 22 years ago in my home," she says. "It was only small but since then it's grown and grown. I've passed over the gauntlet now after 20 years of hosting the event but I still manage to attend and support it."

Joan started working with Macmillan founder- Douglas Macmillan in 1963 when it was called the National Society for Cancer Relief.

She remembers Douglas Macmillan as a very gentle man who lived in Sidcup, close to where Joan used to live.

"When he knew I lived so close by I was invited round for Sunday afternoon tea. It was very nice, very afternoon tea-ish with a cake stand and everything. I think he'd be absolutely over the moon with the charity today, he'd be so pleased but I think he'd find it unbelievable really that's it's got to the stage it has. I think it's wonderful and event and I didn't think it would grow into helping so many people and raising so much money. I heard coffee morning last year raised over £10million- it's unbelievable isn't it."

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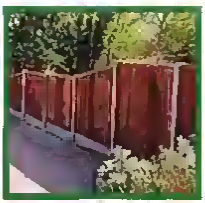

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Garden Share project in need of those wanting to grow food

TRANSITION Chichester's project Chichester Garden Share that links up those that would like to grow their own fruit and vegetables with those who have garden but are unable to utilise them, is on the hunt for growers. Ruth Valerio, who set up the project in 2010, said, "We need both growers and garden owners to sign up to the scheme so we can get more matches, but what we're particularly finding at the moment, is that we have more garden than we do growers and we hope more people wanting to grow might step forward."

According to Chichester City Council records there are approximately 200 people on Chichester City allotment waiting lists with waiting times of up to four years commonplace.

Gardens are currently available in Chichester, Emsworth, Barnham, Tangmere, Selsey, Bognor, Chidham and Bosham, and just need some willing growers to develop their patches and get growing. Anyone interested in signing up to the scheme should visit www.chichestergardenshare.org. Or you can contact Ellie Garwood on e_garwood@hotmail.com.

Simon Neale started sharing two gardens when the project initially launched and is still a member today. He said, "I am thoroughly enjoying being involved in the project, it's really relaxed and I get on well with both of my sharers. I've learnt loads about growing and of course myself and family get to enjoy the results of the share at the dinner table."

Chichester man to be stripped of illicit drugs profits

A CHICHESTER man is to be stripped of nearly £50,000 in illicit drugs profits.

On Friday 28 September Chichester Crown Court, a confiscation order in the sum of £48,000 was obtained by police, under the Proceeds of Crime Act (POCA) against 46-year old Darren Vallier in respect of his benefit from criminal enterprise. He was given six months to pay and if he fails to do so will have to serve another 15 months, after which he will still have to pay.

Darren Vallier, and his brother Randy, 43, had been sentenced to 30 months imprisonment by a judge at the same Court on Monday 19 March, for producing £14,000 worth of cannabis at their home in Barnfield near Chichester.

The court heard that police carried out a search warrant of the Valliers' home address at Drove Lane, Earnley, in August 2010, based on intelligence. Various sheds were searched with officers finding cannabis plants at different stages of maturity. The two men were arrested for producing cannabis.

Police found 22 mature plants which would have been ready for harvesting, and a further 100 cannabis plants of smaller sizes. Through analysis it was established that the set up had the potential to yield 2kg of cannabis with a street value of nearly £14,000. The men pleaded guilty to producing cannabis at their first court appearance.

After the sentencing an expert Sussex Police financial crime expert investigated the financial dealings of the brothers, resulting in the hearing on 28 September.

Detective Constable David Midgley of Chichester CID said, "This investigation was intelligence led which resulted in a potentially large crop of cannabis being seized. Although there was no evidence that the drugs were being distributed to the community, the amount was clearly substantial with both men taking leading roles in growing the drug.

"We encourage residents to keep contacting us with tip offs when they are aware of acts of criminality and we will tenaciously pursue any offenders. The sentences reflect just how seriously the court take these matters and should act as a strong deterrent to those that wish to commit crimes in Sussex."

Detective Inspector Chris Neilson, head of the Sussex Police Economic Crime Unit said, "This confiscation is another example of the way in which we will also pursue criminals to seize their profits and put the money back into legitimate society."

The money is now confiscated by the court and goes to the central Govern ment exchequer, but 50% of it then comes back to law enforcement. Of that 50%, one third goes to the Crown Prosecution Service, one third to HM Courts System and one third to police. The money that comes back to Sussex Police is used to help support the work of the forces financial investigators to fund searches on national commercial and statutory databases, for example the Land Registry and Companies House, and to donations to local Sussex based crime reduction and diversion projects.

No.1
in Sussex*
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Chichester Campus - Tues 16 Oct 4.30-7.30pm
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Art class starts soon

■ Absolute beginners to improvers will love this course!

Autumn Art Class

What a better way to start Autumn
This part time course is 3 and a half months, once a week for 3 hours

ABSOLUTE BEGINNERS TO IMPROVERS JUST LIKE YOU!
The course is designed to be fun for absolute beginners who have never picked up a brush before through to improvers says Art Director Peter of Stringers Gallery Petworth

STEP BY STEP GUIDANCE
We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over 3 and a half months we will explore 4 different media, pencil drawing & sketching, Oil pastel painting and techniques, painting and blending with watercolours and acrylics Step by step guidance in the basic techniques and secrets needed to create beautiful pieces of art.

SEASIDE VISTAS
By the end of the course, students have created a minimum of 5 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months and participate in something you will look forward to every single week.

MAKE NEW FRIENDS & MEET NEW PEOPLE
The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 ½ month part time course

YOUNG AT HEART
This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages

LIMITED PLACES
To maintain a high standard to our classes and the tuition you will receive, classes are kept to small numbers – so places available are limited! We recommend that if you are interested, you book now

For more information on dates, venues, course fees and bookings, call 01798 343179

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Lord March announces provisional dates for the 2013 Goodwood motoring events

GOODWOOD Festival of Speed and Revival founder Lord March has this week announced the provisional dates for next year's two leading Goodwood motoring events

GOODWOOD FESTIVAL OF SPEED

The 20th anniversary 2013 Goodwood Festival of Speed will provisionally take place from Friday 5 July to Sunday 7 July. The 2013 Festival promises to be packed with real action and excitement as the planet's most glamorous racing machinery and famous drivers gather together in the beautiful surroundings of Goodwood Park. The 2013 theme for the 20thanniversary of this world renowned motor sport event will be announced very shortly.

The day before the 2013 Festival of Speed gets underway, the Goodwood Moving Motor Show will be held on Thursday 4 July, presented by Auto Trader, to give new car buyers and motoring enthusiasts the opportunity to see the very latest models up close, and in many cases drive them on a dedicated vehicle evaluation route within the grounds of the Goodwood Estate, including the revered Festival hillclimb.

GOODWOOD REVIVAL

The unique Goodwood Revival is provisionally set for the weekend of 13-15 September 2013. The sell-out Revival is truly a magical step back in time, celebrating the halcyon days of motor racing as it used to be, with all of the accompanying spectacle and glamour of the era. Competitors and spectators alike dress in period fashions, with the finest sights and entertainment of the pre-1966 era for all to enjoy.

All of the 2013 Goodwood motor sport events promise a spectacular array of cars and motorcycles, plus star drivers and riders, and plenty of other fabulous attractions to thrill spectators of all ages. Watch out for the very latest news and updates on these sell-out sporting and social events in the coming weeks and months.

South East partnership lobbies Government Minister on economy

WEST Sussex County Council Leader Louise Goldsmith and other Council Leaders met with Government Minister Eric Pickles MP last week, focusing on the local economy.

The Greater Wessex Leaders met with the Secretary of State for Communities and Local Government in Winchester to show how local leaders are working to boost the South's economy.

Louise said: "The visit was the ideal chance for Eric Pickles to see first-hand the measures we are all taking to support the local economy and drive economic growth in our local areas and across the south.

"I took the opportunity to raise two very important local issues with him: the importance of high speed broadband for the rural economy, and the need for action on the A27.

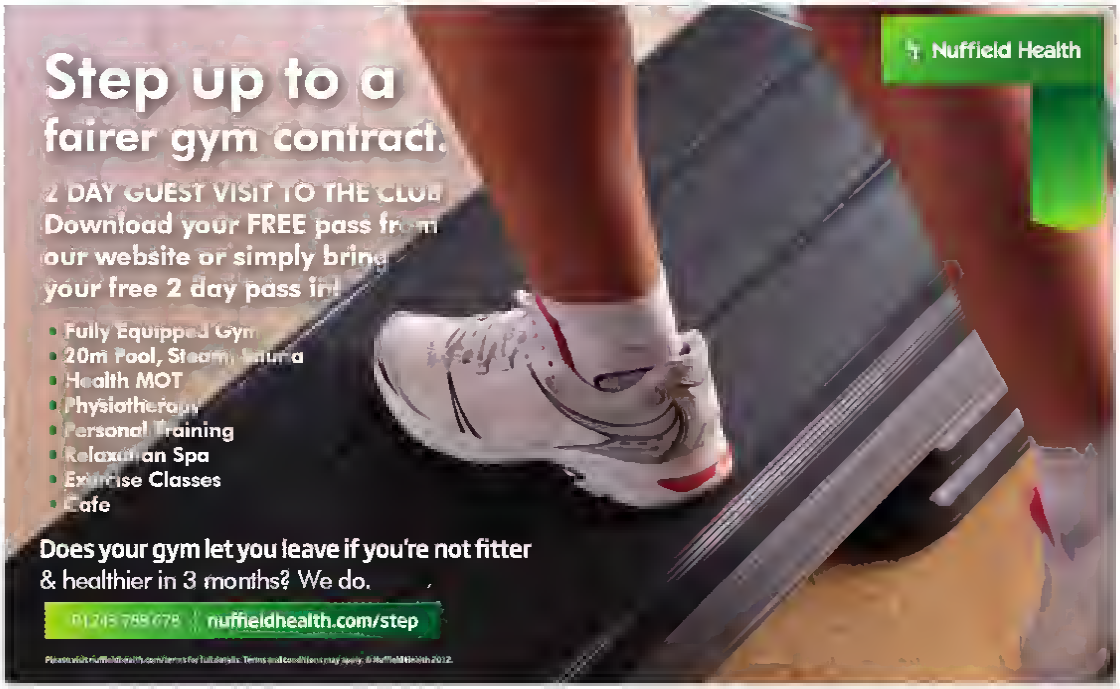
"Access to a good broadband service is vital for our local economy and businesses - many of which are home based. Better broadband access will also help reduce social isolation in our more rural communities, and make it easier and cheaper for residents to access services.

"West Sussex County Council has committed £6.26 million to match fund a government grant to improve the county's broadband network, and I was keen to highlight to Eric the need for this work to happen sooner rather than later."

Louise added: "Another key issue is the need for improvement works to the A27, particularly around the traffic bottlenecks at Worthing, Arundel and Chichester.

"All local authorities recognise improvements to the major highway are much-needed and we have lobbied successive governments asking them to prioritise improvements on the A27. This would not only benefit residents, but also greatly boost the local economy and encourage businesses to make their home in West Sussex."

Louise was also able to arrange a short meeting between Eric Pickles and Shoreham-based business Ricardo UK Managing Director Martin Fausset, enabling him to highlight issues facing West Sussex businesses.

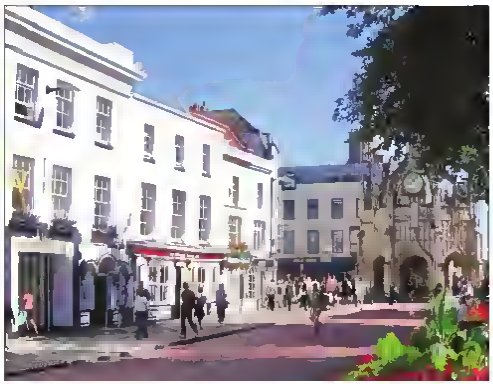


The Ship Hotel launches 'Relax and Retail' initiative

IN PARTNERSHIP with numerous Chichester retail stores the Ship Hotel, North Street, Chichester is launching a new initiative for their guests called relax and retail

The Ship Hotel situated in the very heart of Chichester has 37 bedrooms and operates with an 85% year round occupancy which means that every day on average there are 65 residential guests at the hotel or over 25000 people per year stay at the hotel.

Patrick Purfield, General Manager, says "The idea of Relax and Retail is that as well as enjoying the hotel we want to encourage our residential guests to indulge in some extensive retail therapy during their visit. In today's climate a little bit of inducement goes a long, long way and so we have asked local stores to offer a fixed discount on their products and services specifically for our guests. We understand that all stores vary in product and worth so the exact percentage is totally up to them. All partners will receive publicity throughout the hotel and on our website and they will also be included on a special map of Chichester showing all partners logos, products and discount



percentages."

Patrick adds "The response from the city so far has been really positive and we have a healthy number of partners already signed up, the closing date for inclusion is the 23rd of October so there is still time to get involved. There is also no restriction to retail, so services of all kinds can be included and importantly there is absolutely no joining fee or future costs involved. I am sure this initiative will prove to be of great benefit and fun for our guests and local stores alike."

Relax and Retail will begin on the 1st of November and runs for an initial three month period. Visit www.theshiphotel.net/

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Fatal collision in Sidlesham near Selsey

POLICE are appealing for witnesses to a fatal collision on Street End Road in Sidlesham at 7.10am on Friday (Sep 28).

A red Alfa Romeo was in collision with the trailer of a tractor being towed in the opposite direction. The tractor was carrying bales of straw which fell onto the car.

Sergeant Carl Knapp said: "Sadly, the 70-year-old man from Portsmouth who was the only occupant of the car, has died following the collision.

"The driver of the tractor, a 25 year-old man from Chichester, has been arrested on suspicion of death by careless or dangerous driving."

The road remained closed for several hours while officers investigated the incident.

Two other cars were involved but no-one else was injured.

Anyone who has information is asked to contact police quoting Op Dovecot.

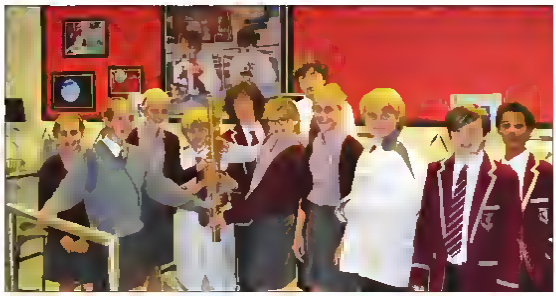
The Torch at Great Ballard from 1924 to 2012

WHEN THE OLYMPIC TORCH arrived last week from New Milton it was not the first time that a Torch from New Milton had arrived at Great Ballard School in Eartham!

The Great Ballard Torch has always been the emblem on its shield since 1924, but last week an Olympic torch arrived from New Milton much to the excitement of everyone. Great Ballard School first arrived in Eartham with its own torch back in 1961 when it relocated from its previous home originally at New Milton, Hampshire.

The children at Great Ballard were thrilled. Mike Clifford - a teacher at Ballard School, New Milton who was an official Olympic torch bearer in Hampshire back in July visited.

The pupils, who had seen the torch relay, watched opening and closing ceremonies, watched coverage on the television, followed results on computers and who had been to the games, and were all excited to meet Mike Clifford between the ages of 2 and 13 held the torch and some tried on the official torch bearer outfit. The big surprise to just about everyone was just how heavy the torch was! They had the opportunity to ask him about his experience and many wanted to know just how he felt when he found out he had been selected to carry the torch and also what it was like carrying the torch. He had been excited, honoured and felt very proud and it was a memory that would stay with him for the rest of his life. Mike had been selected to carry the torch after being put forward for all the extra help and encouragement he has given to pupils in his school in helping them succeed over the years.



Since returning to school after the summer holidays, pupils at Great Ballard have been so thusiastically putting together work and pictures about their Summer 2012 and the dining room boasts a fabulous display entitled "I was there" featuring all sorts of aspects of the Olympics and a variety of different sporting events.

Since 1924, the torch has been the logo for the school which was designed while Great Ballard was in New Milton as the result of a competition held for the boys. When Great Ballard School was founded, its first home was on the current site of Ballard School in New Milton until the school relocated during the war years. The school has therefore been sharing its own torch since 1924, inspiring many generations of children through the years and it continues to do so today. Links between New Milton and Eartham have been re-established over recent years as the two schools have taken part in and supported various events at each location and as a result of the Olympics, some new sporting fixtures are going in the two school calendars. In the new year, there will be mini buses of children travelling between Hampshire and Sussex for the Ballard v Great Ballard sporting challenges!

Great Ballard and Ballard children have definitely been inspired by the Olympics and are taking up the challenge to engage with others and enjoy sport in the future.

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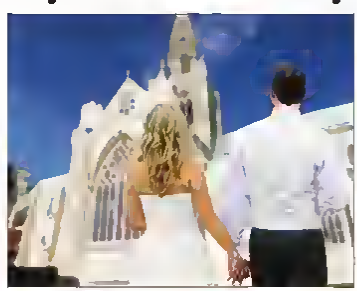
Chichester Cathedral Wedding Fayre this Sunday

WITH THE AUTUMN Season now firmly upon them, PMN Wedding Fayres Ltd edge towards the end of their busy 2012 calender with The Autumn Wedding Fayre at Chichester Cathedral, on Sunday 7th October, from midday until 4.30pm.



This beautiful landmark cathedral situated prominently in the city centre, will showcase George Bell House and The Vicar's Hall, for couples to discover the delights offered by this stunning wedding venue. Not only will they be able to see first-hand exactly what is offered by the cathedral as a potential wedding venue, but there will also be a Bridal Fashion Show by Elegance & Grace taking place in the Marquee at George Bell House, at 2pm.

This brand new bridal retailer located in Petersfield is just about to open its doors, so many of their gowns will be showcased at the fayre, as well as Sonia's florists who will provide some wonderful examples of their wedding bouquets in the showcase. Models wearing hair displays will captivate any bride-to-be, created by Garbo's Hair of Portsmouth & Southsea. Not forgetting the men involved in such a special day, Frasers of Petersfield will provide the male models attire from their groom's range.

As well as the fashion show, there will be up to 40 wedding suppliers on hand to provide help, guidance, inspiration and ideas with all manner of wedding day preparations, from photographers, florists, stationers, weddings cars, caterers and so much more.

Why not bring family and friends and stroll around the cathedral grounds or pop into the Cloisters Cafe on site to sample some home cooked delights. This is more than just a wedding fayre, it's an afternoon out whilst planning your dream day!

All brides will receive a goody bag and a free copy of Your Hampshire Wedding Magazine (RRP £2.95).

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The YOLO Path

Mia Edwards

I HAVE recently started telling people who annoy me to go die. This is bad because I would actually be quite upset if they followed this advice (with most people) and, with all this YOLOing going down, it's a bit of a downer really. In case you are from Mars, YOLO (you only live once. So sentimental) is supposed to be some kind of motivational word that inspires young people to be reckless and stuff.

It's actually like a creepy cult ritual type thing. People have it written on their clothes and jewellery like it's a religious symbol. Not my type of thing. I have no problem with it in theory, if people want to use it as an excuse to go to parties and get drunk or wake up in a wardrobe's living room then so be it. Not my problem.

But on one occasion, I thought to myself, yeah, let's do this." It was pouring with rain, my umbrella was a bit unstable, but I went with this YOLO vibe and started walking. Halfway through a park though, the bag I was holding kindly split into a puddle. So I watched my new, unworn clothes, my phone, my makeup and purse just drown in a heap. That was an excellent moment.

So I scooped them all up and tried to hold everything in one hand and hold the umbrella in the other. Yet again I thought to myself 'WOOOO!' It's fine. I am dying inside but I am young and optimistic and everything is fine. At least I'm dry. Cue my umbrella snapping. By then I was a broken human. I just staggered through town getting wetter and wetter and holding my stuff like it was my whole fortune.

Just a note to drivers: if you see a girl who is losing the will to live and staggering along a road all soaked and shivering, don't splash through a puddle. She will not find it funny. She will want to hurt you down. She may hit you with her broken umbrella.

It was then that I thought to myself, curse YOLO. YOLO can go die.

Hampers Green lunch club secures £700 County Council grant

NORTH Chichester County Local Committee has granted £700 to the Hampers Green Community Centre for a new weekly lunch club.

The grant, for £712.44, will go towards essential equipment for the serving of meals at the lunch club, and to upgrade a room at the centre.

The new lunch club, being organised by Age UK West Sussex with funding from Rother Valley Together, will be aimed at older people, giving them the chance to socialise, join in a variety of activities and enjoy a home-cooked lunch.

Committee Chairman Michael Brown said: "This is another example of how West Sussex County Council's Community Initiative Fund has helped a local organisation to provide a service to benefit their local community.

"I would encourage organisations to consider applying for a grant if they've got a project coming up which they think we could assist with."

North Chichester County Local Committee next meets on Tuesday January 22, 2013, at 7pm, at Fernhurst Primary School.

For further information on the Community Initiative Fund and how to apply, visit the County Local Committee pages at www.westsussex.gov.uk.

• PREPARE to be inspired by masses of eco ideas and find out Transition Chichester's Green Fair.

Bee keeping, community orchards and gardens, tips on energy saving, recycling and reclaiming, local produce, growing your own, chill-out zone, making your own games – all this and much more at the Assembly Room, North Street, Chichester, on Saturday, October 13, 11am to 4pm.

You will also be able to sit and relax in the Fairtrade Cafe offering home-made cakes, lunches and teas, while finding out more about Transition Chichester, the local group of a thriving global environmental network. All welcome. Free entry.

Visit www.transitionchichester.co.uk

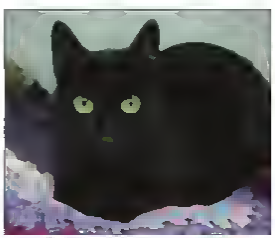
• THE NORTHGATE car park, next to Chichester Festival Theatre, will be closed from 6pm on Thursday 18 October while the annual Sloe Fair takes place.

It will re-open on Sunday 21 October once all the fair vehicles have departed, which is anticipated to be around noon.

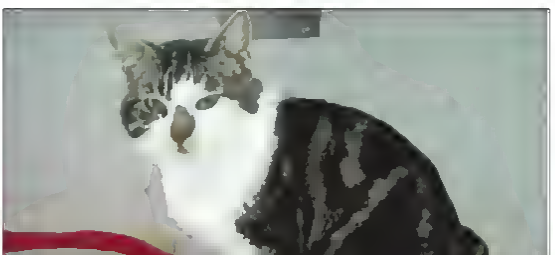
The nearest long stay car park is Cattle Market, or the Avenue de Chartres (multi storey).

For more information, please contact the Parking Services Team on 01243 534500, carparks@chichester.gov.uk or www.chichester.gov.uk/parking

After a year without a home, can you help Woody?



Cat and Rabbit Rescue Centre



NEUTERING male and female kittens before 6 months is a pet care essential, yet it seems to creep up on some people who do not plan for the expense. A female kitten at 6 months can become pregnant and give birth about 9 weeks later to around 5 kittens, but up to 10. How would you cope? Could you afford to feed and house them all?

If you cannot afford neutering, then don't delay past 6 months. Instead contact charity schemes which will subsidise the cost for male and female cats and kittens. The Cats Protection charity runs voucher based schemes costing £5/£10 for those in low incomes through the local Chichester and Bognor Regis branch (Tel: 0845 3712760). Also the independent charity Cat and Rabbit Rescue Centre arranges subsidised neutering at a cost to you of £20 for each cat or kitten. Cats waiting for a home:

• Angus is a friendly 2 year old tabby and white lap cat.

• Lavender is a 1 year old friendly short-haired black female.

• Chester and Terence are friendly 1 year old black and white males. Can be rehomed together or separately.

• Matilda is a 1 year old black and white female who arrived in May.

• Woody is a small, friendly, 1 year old male tabby with amber eyes, waiting almost a year for a home to give the affection he deserves.

• McKayla is a friendly 1 year old, green eyed, fluffy tabby female.

• Leanne is a gentle 1 year old male with a smooth silky black coat, and he has been waiting 17 months.

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply.

Cats will have been vaccinated against flu and enteritis, neutered, and microchipped. Free vet insurance for 4 weeks is provided. The Rescue asks for a minimum donation of £45 for each cat. **Visits to Cat and Rabbit Rescue Centre are strictly by appointment, Tel: 01243 641409.**

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

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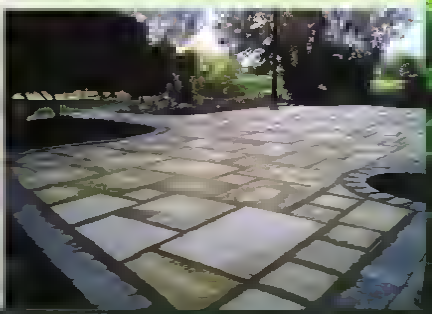

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Summer Arts College helps ex-young offenders get new direction

A THREE-WEEK intensive art programme has helped give West Sussex teenage ex-offenders confidence and ambition to stop them returning to crime

The Summer Arts College course is coordinated by West Sussex County Council's Youth Support and Development Service and funded by Unitas, a national charity that helps young people make progress in mainstream education and training.

Cabinet Member for Children and Families Peter Evans said: "I'd like to congratulate everyone who has completed the course. They can be proud of what they have achieved and are now in a position where they can continue to progress and face the future with confidence.

"The intensive arts programme is a fantastic opportunity for young people to make some positive changes in their life."

Youth Worker Luke O'Keefe said: "This project has shown that given the right opportunities, young people really have the desire to learn and progress. The level of talent and the achievements of young people taking part in this project has been extremely impressive and demonstrates why projects like this are important."

100 mile trek wins local scout highest accolade

AN EASTBOURNE scout is the first in the local Group's 100 year history to be presented with the prestigious Explorer Belt, one of the highest awards in scouting.

George Dobson, aged 16, took part in a three-man 100-mile hike, crossing rural Poland, followed by joining in an international scouting jamboree. The trek took place during the heat of the Polish summer. Then to complete the challenge, last weekend he and his fellow walkers gave a presentation in Warwickshire to some of the Scout Association's most senior international expedition organisers.

"Starting the presentation was almost as scary as flying out to Poland," says George. "But a couple of ice breaking jokes went down well and we soon got into our stride. The nerves kicked in again when we finished and had to wait to be told whether or not we'd cleared the final hurdle."

Before the expedition George attended two training weekends in Warwickshire, which was where he first met his travelling companions, Alex Clarkson (17) from Lancashire and Anthony Baker (16) from Devon.

Normally the Explorer Belt is undertaken by older scouts, but George, Alex and Anthony rose to the challenge and were delighted to be told that they had made the grade. They are now entitled to wear the Belts plus the coveted red white and blue International neckerchiefs as part of their uniform on formal occasions.

George Dobson

Eastbourne's Explorer Scout Leader Dan Smith says: "This is an enormous achievement and we are all very proud of George. The trip was a year in the planning, considerable time for cold feet, but George didn't panic, he just fitted in the preparation around studying for his GCSEs."

The idea behind the Explorer Belt is not just to visit another country, but to meet local people and appreciate their culture and way of life. To facilitate this, the Explorer Scouts were set daily minor challenges to achieve during the hike.

"We had to milk a cow one day, learn a Polish folk song and teach some children an English game," says George. "Then there was getting a haircut – which pleased my dad no end when we got home.

"I am grateful to everyone who helped make this expedition possible and will be doing some more presentations locally to encourage others to take up the opportunities offered through scouting."

Significantly, the Polish Scouts Association has recently approached the UK about setting up its own Explorer Belt programme.

The Scouts have several awards schemes for their various age groups and George is now considering doing his Queen's Scout and Duke of Edinburgh. But before that he has his eyes on another belt – a black one for Taekwondo in April next year.

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To take the first step to become a sporting hero visit www.sportmakers.co.uk or like us on Facebook and stay up to date with volunteering opportunities

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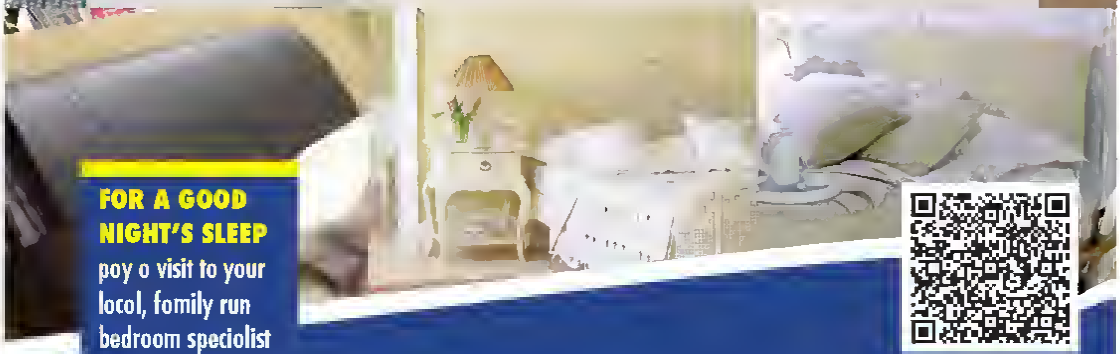

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Gear up for Chichester's first Autumn Cycle Challenge and you could win a £500 bike

PEOPLE in the Chichester District are being encouraged to get on their bikes for the first Autumn Cycle Challenge.

Among the prizes is a £500 bike from Hargroves Cycles and cycling vouchers, while new cyclists who take part can win a meal for two at Carluccios and Brasserie Blanc.

The challenge will run for two weeks from last Saturday (29 Sep) to Sunday 14 October.

It has been organised following numerous requests from organisations who took part in a similar challenge in May.

The free, fun cycling challenge aims to get as many organisations involved as possible to see who can get the most staff cycling for 10 minutes or more. The cycling can be done anywhere, anytime, for fitness, fun or to work.

It follows the success of British Olympic and Paralympic cyclists at the London 2012 Olympic Games and the popularity of previous Chichester Cycle Challenges. More than 1,700 people have taken part in the challenges over the past three years, including 600 new and lapsed cyclists. Almost a quarter of the new cyclists say they have gone on to cycle regularly – two or more days a week – afterwards.

Chichester District Council's Cycling Promotion Officer, Alister Lucas-Crook, says: "There has been an increased interest in cycling across the district this summer. We want to continue this and hopefully inspire even more people, of all ages and abilities, to get out on their bikes this autumn.

"It is a great opportunity for your workplace to use the power of the Olympics to encourage more employees to get active and get cycling."

Organisations can hire bikes for staff during the challenge to renew link up with local cycle shop, Summit Bikes of Selsey.

For details call 01243 697547 or email steve@summitbikes.co.uk.

Councillor John Connor, Cabinet Member for Environment at Chichester District Council, says: "This two week Autumn Cycle Challenge is an ideal event for people to give cycling a go, or to get back in the saddle again. Regular cycling has huge health benefits, makes you feel good, is great fun, is environmentally friendly and saves money too."

The challenge is a partnership between Chichester District Council, CTC (Cyclists Touring Club) and Challenge for Change and is funded by a grant from Department for Environment, Food and Rural Affairs.

Taking part is simple – cycle for just ten minutes during the two-week challenge and register your ride online at www.chichestercyclechallenge.org.uk

Stockbridge Halls officially opened

CHICHESTER College and the University of Chichester have proudly opened their new Stockbridge Halls of Residence in Chichester.

This exciting, four building complex will be home to 317 students, and is built on the former site of Chichester High School for Girls. The prime location is now leased to the College and has been transformed into a modern, light and spacious facility. Chichester College will be managing the site for both our own and the University of Chichester's students.

Chichester College Principal, Shelagh Legrave said: "This is yet another example of the key education institutions in Chichester working so well together in partnership. Chichester College is very proud to work with its partners and our core value of 'can do' approach has again been important here. We have watched with wonder as the building site became these magnificent halls and we hope that in operating these 317 rooms, we can prove that it is possible for students and local residents to live in harmony together."

Building work commenced in March 2011 and was completed ahead of schedule in July 2012, ready for September's intake of students. The residence will provide excellent living accommodation and have the feel of a vibrant "student village".

There are shared kitchen facilities in the flats which accommodate between five and seven students. There is also a large communal common room in the site, which will act as a hub for students to socialise and unwind. All rooms will also benefit from high speed wifi and en-suite bathrooms.

This gated Stockbridge Halls complex is a 10-minute walk from the Chichester College campus and 25 minutes from the main University campus.

Chief Operating Officer at Chichester College, John Sleeman said: "This fantastic new modern development will be home to 317 students and we are very proud to have it as part of our accommodation offer at Chichester College. We will be sharing the facility with the University of Chichester and this joint venture only serves to strengthen our links."

Professor Clive Sabey, Vice-Chancellor of the University of Chichester, said: "This project delivered in partnership with Chichester College brings great benefits for both of our institutions. Primarily, it allows us to place more of our students in purpose-built accommodation that is managed by our housekeeping and security teams. We value our place in the local community and want to be good neighbours, and the active management of the site will mean any concerns can be addressed swiftly. The University has recruited its full quota of students this year, we have increased in size since last year and this accommodation is a welcome addition to our housing stock."

Gavin Kelly, Chichester College ... University of Chichester

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Chichester Business

Roller disco returns to Chichester after a 20 year break

A ROLLER skate disco is returning to Chichester's Westgate Leisure Centre after a 20 year break.

Westgate Leisure has teamed up with RocknRoller to launch Saturday afternoon sessions for all ages and abilities. Five dates have been confirmed for this year and there are plans to increase this to regular weekly events after Christmas.

There's a DJ, professional sound and lighting systems and organised games, dance competitions and activities. RocknRoller will provide full safety equipment and their experienced staff and marshals will be available to help with the fitting of pads and skates.

Two sessions have been organised – Mini Rollers and the Main Event. Mini Rollers is a one hour session designed especially for families with under 11s. It's a bit lighter and quieter than the Main Event session with the focus on getting everyone skating. Parents can either walk or skate with their mini rollers.

The Main Event is a family orientated session for everyone. It's suitable for younger skaters who have basic skate skills, right through to experienced skate enthusiasts. Under 11s must be accompanied.

RocknRoller's Co-Founder, Paul Howells, says: "We're delighted to be launching in Chichester. The Westgate Leisure Centre in Chichester has fantastic facilities and the rink itself will be one of the largest and smoothest rinks we operate. We're all really looking forward to these first five weekends and are already planning our weekly return next year. An over 18s event is also being discussed."

"We are really excited to offer this new activity," says Kevin McCoy, Manager of Westgate Leisure. "Most of us can remember taking part in roller skating discos when we were young. These sessions give us a chance to relive our youth and provide a new generation with the chance to try a new, fun activity.

"Roller skating has made a real come back in towns and cities across the country, and we are hoping that it will get the same reaction here in Chichester."

The Mini Rollers sessions will run from 4.15 until 5.15pm and the Main Event sessions will run from 6pm until 7.30pm, on the following dates:

- Saturday 27 October (Halloween)
- Saturday 10 November
- Saturday 24 November
- Saturday 8 December
- Saturday 22 December (Christmas Fancy Dress Party)

The doors will open 15 minutes before each session. To attend the Mini Rollers session it will cost £6 including the hire of skates, £5 if you have your own skates, or £1.50 for spectators. To attend the Main Event session, it will cost £8 including the hire of skates, £6.50 if you have your own skates and £2 for spectators.

Numbers are strictly limited so booking in advance is advised, although you can just turn up on the day. For booking information see www.westgateleisure.co.uk.

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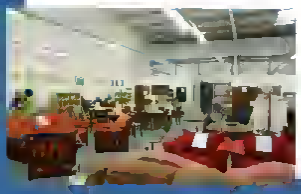
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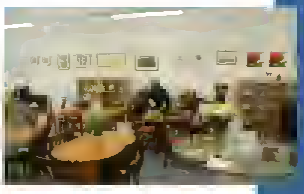
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cineworld

The Campaign (15)

THREE out of Five stars

Running time: 85 mins
Director: Jay Roach
Starring: Will Ferrell, Zach Galifianakis, Jason Sudeikis

Entertaining comedy with a handful of big laughs and great performances from a strong comic cast, but the tone is a little uneven and the film is slightly hamstrung by the desire to keep its characters likeable.

What's it all about?

Directed by Jay Roach, The Campaign stars Will Ferrell as Cam Brady, a womanising, perfect-haired North Carolina congressman who takes winning for granted because he usually runs unopposed and has learned that shouting the words 'America' Jesus' Freedom!" can get him out of pretty much anything. However, when he accidentally leaves a dirty phone message on a Christian family's answering machine, his shady billionaire backers the Motch Brothers (Dan Aykroyd and John Lithgow) decide they'd rather have someone who's easier to control and less prone to controversy, so they put their money behind bearded, cardigan wearing oddball Marty Huggins (Zach Galifianakis), son of their long

hot success supporter Raymond Huggins (Brian Cox).

In order to ensure a Huggins victory, the Motch Brothers hire ruthless campaign manager Tim Wattley (Dylan McDermott), who sets about transforming Marty, his wife Mitzi (Sarah Baker) and his two chubby sons into media-friendly vote-winners. And when Brady and his long serving sidekick Mitch (Jason Sudeikis) realise they have actually have a fight on their hands, it isn't long before all manner of dirty tricks are being pulled on the campaign trail.

The Good

Ferrell and Galifianakis make a decent comic duo, sparking off each other to amusing effect throughout. There's also strong support from a superb comic cast that includes Sarah Baker (sweetly funny as Mitzi Huggins), Aykroyd and Lithgow (underused, but deliciously evil, with their plan to turn North Carolina into a Chinese sweatshop) and a surprisingly hilarious turn from Dylan McDermott, who, it has to be said, is not known for his comedy chops. There's also an inspired cameo from the star of one of this year's Oscar-winners, but to reveal that would be to give away one of the film's best gags.

To be fair, the script delivers several big laughs, the highlight of which (and if you haven't seen the trailer, look away now) involves Will Ferrell punching a baby in the face, in slow motion. It also gets in a few decent digs about the evils of big business, though it says something about the stupidity and absurdity of actual real-life American political campaigns (Clint Eastwood talking to an empty chair, anyone?) that the film's supposedly outrageous campaign stunts don't seem that far-fetched.

The Bad

The main problem is that the tone is a little too uneven, veering from over-the-top crassness to schmaltzy, gentle, borderline-safe comedy and wanting to have it both ways, by the same token, it's also hamstrung by the desire to keep both characters likeable, instead of having them really go for the jugular.

Worth seeing?

The Campaign is an enjoyable, consistently amusing comedy, though you can't help wishing the script had a little more bite to it.

Rotary Club of Chichester Priory

Charity Sponsored
Dog Walk & Fun Show
in aid of
BBC Children in Need

- Date: Sunday 21st October 2012
- Venue Start and finish: Lavant Village Green
- Times: - Walk 10.00am — Show 12.30pm
- Routes - Short (2.2m) and Longer (4m) routes
- Entry Fee: £5.00 per dog for walk
- Plus £1 for each Dog Show category entered
- Plus sponsorship (forms available)
- Information: 01243 527739 rotary.pudsey@gmail.com

Come join me

Fun Dog Show categories—
1 Most handsome dog
2 Prettiest bitch
3 Dog most like owner
4 Waggiest tail
5 Dog the judge would most like to take home

Biscuits and Bites from Pets at Home

Rosettes by Louise at Dirty Dog!

Some of our 2011 entries

This is a fun and fellowship event giving both you and your dog some healthy exercise and an opportunity to show off whilst raising money for BBC Children in Need appeal on 16th November this year. Come and see Pudsey Bear. Enter your dog into our fun parade £5.00 per dog entry plus and you can get family and friends to sponsor your dog. Request sponsorship form from us. Start at Lavant Village Green near Chichester. Circular routes of 2.2mile or 4mile 8 stance with Pudsey markers around course, quiz questions and you will even receive some hot soup and crusty bread or tea/coffee on your return for the two legged walkers and water and dog cake, goody bags and rosettes for the dogs on their return. Sponsorship by local vet(s), pet shops, Observer etc. Open to all dog walkers and wannabee dog owners by sharing dog handbag.

Dogs are to be kept on a lead and all owners are responsible for their dogs and any incident personal injuries sustained during the walk.

THE CAMPAIGN COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. ZACH GALIFIANAKIS SHOT TO FAME IN WHICH FILM?

A) THE HANGOVER
B) ROADTRIP
C) SUPERBAD

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 9th October at midday. The winner will be notified later on that day.

• Last weeks winner is Hazel Beadle from Bognor Regis

cineworld CINEMAS

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This year's big bang in Selsey

THIS YEAR'S Selsey Fireworks will be truly magical with a theme of Magic, Myths and Legends. The fireworks by Selstar of Selsey will be synchronised to famous film and television music.

The event takes place on Saturday October 13th at the Bunn Leisure White Horse Playing Field at Werner Lane, Selsey. Features this year include an amazing display of colourful fireworks which can only be really appreciated if on site because of the fabulous sound system that is perfectly synchronised to the display.

As usual there will be an enormous fun fair, live music from the extremely popular band 'The Chain'. There is also a massive bonfire plenty of on-site catering, Free car parking and a fast track gate system to speed the access. The crowds will be kept fully informed and entertained by Steve Power' the very popular breakfast show presenter from Wave 105fm and sponsored by Natures Way Foods. The gates open at 5.30pm with discounted rides for the first hour. Live music from 6.30pm, Bonfire 7.45pm and Fireworks start between 8 & 8.30pm. The Fun fair will run to approximately 11pm.

Once again a big thank you must go out to the local businesses of the Selsey & Chichester district who have given remarkable support during extremely difficult trading times who have generously given either financial support or services to enable yet again the organisers to hold the same ticket prices that were last increased in 2006. The cost of the tickets on the gate will be £4.00 per accompanied child under 16 and £5.00 per adult.

Discounted tickets can be obtained in advance £3.50P child and £4.50 adult as can a family ticket at £15.00. These tickets are available from, In Selsey, The Selsey off Licence, Retro Treats, The Selsey Florist, The Rock Shop, Pop In'n East Beach Florist and Bunn Leisure reception In Hunston at Kirkland's Newsagents, East Wittering at Candlee and Chichester at Goodlows Newsagents in St Martin's and the Tourist Information Centre at the Novium Museum.

This popular family event will be in its 33rd year during which thousands and thousands of pounds have been raised for local charities and good causes.

Further details of Selsey Fireworks 2012 can be found on the website www.selseyfireworks.com or tuning to Wave on 105.4fm.

Talk from acclaimed broadcaster to mark Black History Month

AN AWARD-WINNING broadcaster will introduce a special broadcast of his documentary at the University of Chichester to mark Black History Month.

Dr Robert Beckford will be showing his documentary 'The Empire Pays Back – Theme of Reparation for Slavery' on Wednesday 10 October at 7pm at the University's Bishop Otter Campus, following by a question and answer session.

The documentary was produced by Dr Beckford as part of a series for Channel 4. As an educator, author and award winning, broadcaster he has presented numerous documentaries on radio and television and earned a BAFTA for diversity in educational broadcasting for a six part series for BBC Religion (Text of Time 2002).

As one of the most prolific black documentary presenters in Britain, his films for Channel 4 have earned him a controversial label which he interprets as, a cultural field that can only locate black men as athletes, entertainers or problematic.

The lecture is free and open to all but spaces are limited. If you would like to attend please email events@chi.ac.uk to confirm your attendance.

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Fri 5 Oct: 13.15 To Rome With Love (12A) 114m, 15.45 About Elly (15) 114m, 18.15 To Rome With Love, 20.45 Hope Springs
Sat 6 Oct: 13.15 Tabu (12A) 110m, 15.45 About Elly, 18.15 Hope Springs, 20.45 To Rome With Love
Sun 7 Oct: 13.15 Hitchcock. The Man Who Knew Too Much (U) 75m, 15.15 To Rome With Love, 17.45 About Elly, 20.15 Tabu
Mon 8 Oct: 13.15 To Rome With Love, 15.45 Hope Springs, 18.15 Tabu, 20.45 To Rome With Love
Tue 9 Oct: 13.15 About Elly, 15.45 Tabu, 18.15 Hope Springs, 20.30 To Rome With Love
Wed 10 Oct: 12.15 To Rome With Love, 14.30 About Elly, 16.45 Hope Springs
Thu 11 Oct: 13.15 To Rome With Love, 15.45 About Elly, 18.15 To Rome With Love, 20.45 Hope Springs

Chichester Cathedral
Autumn Wedding Fayre

Sunday 7th October
from 12 noon - 4.30pm

Don't miss the 2pm Bridal Fashion Show in
The Marquee at George Bell House, by Elegance & Grace'

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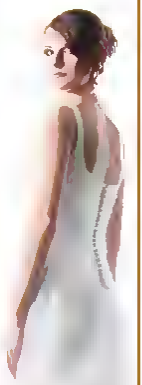

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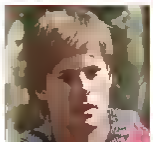
SATURDAY'S TV 6.10.12

CHOICE



Bradley James

Merlin
BBC1, 7.45pm
It seems the world can't get enough of the Beeb s Arthurian adventure saga so there will be a lot of happy fans when the saga returns for a fifth run this week. In the opener, Camelot looks more prosperous than ever but in the frozen north, men are vanishing without explanation. King Arthur (Bradley James) and his knights risk life and limb to find out why, but to get answers, Merlin must first fight a battle that pushes him to his limits. As ever the cast includes Richard Wilson as Merlin s mentor, Gaius with Angel Coulby and Katie McGrath

BBC1

6 00 Breakfast. 10 00 Saturday Kitchen Live. 11 30 Nigellissima. (R) 12 00 BBC News Regional News. Weather. 12 15 Football Focus. 1 00 Formula 1 Japanese Grand Prix: Qualifying Highlights. 3 15 Bargain Hunt. 3 45 Escape to the Country. (R) 4 00 Final Score. 5 10 News. Regional News. 5.30 All New Total Wipeout

6 30 **Strictly Come Dancing** Bruce Forsyth and Tess Daly host the second of this weekend's live shows as the remainder of the couples take to the floor with either a cha-cha-cha or waltz. Zoe Ball returns with Strictly Come Dancing – It Takes Two on Monday

7 45 **Merlin** New series. King Arthur and his knights travel to the frozen north in search of several men who have disappeared, only for Merlin to find himself battling fate itself

8.30 **The National Lottery: Heard It First on Fortune** High-tension quiz show presented by Nick Knowles. Sisters Sonia and Soraya attempt to win the top prize of £100,000.

9.20 **Casualty** Denise announces she is leaving Holby with the children, leaving a devastated Lucinda to throw herself into her work, while a patient alerts the staff to a theft in the ED

10 10 **BBC News** Weather.

10 30 **Match of the Day** Including highlights of Manchester City v Southampton, National Lottery Update

11.50 **The Football League Show.** Highlights of today's games in the Championship, League One and League Two

1 00 Weatherview. 1 10 BBC News.

BBC2

6 00 Cbeebies. 7 00 CBBC. 12.05 Animal Park. (R) 1.00 Film: Tarzan's Greatest Adventure (1959) 2.30 Film: The Lone McGurk Movie. (2003) 4.10 Film: Easy Virtue. (2008) 5.30 Wartime Farm. (R)

6.30 **Fling It!** Paul Martin meets members of the public keen to sell their prized possessions – but soon discovers they were taken from Tobruk Square. Originally broadcast in October 1972. (R)

8.00 **Servants: The True Story of Life Below Stairs** Pamela Cox examines tales of servant rebellion during the Edwardian era, as employees began to question the merits of a life spent in service. (R)

9 00 **QI XL** Extended version of the quiz. Stephen Fry poses questions about people whose names begin with "J" to Rory Bremner, Sue Perkins and David Mitchell

9 45 **Arena - Magical Mystery Tour Revisited** The making of the Beatles' TV film Magical Mystery Tour, which originally aired on Boxing Day 1967 at the height of the band's popularity – but was greeted with mixed emotions.

11 45 **Film: Magical Mystery Tour** (1967) Musical comedy directed by and starring the Beatles

11 45 **How the Brits Rocked America: Go West.** (R)

12 45 Sings the Beatles. (R) 1.40 Film: Daddy and Them. (2002) 3 15 Close

ITV1

6.00 CITV: CITV. 9.25 ITV News. 9.30 The Jeremy Kyle Show. USA. 10.25 The Jeremy Kyle Show. USA. 11.20 The X Factor. (R) 12.40 ITV News, Weather. 12.45 Film: Jurassic Park. (1993) 3.00 Film: Star Wars: Episode I – The Phantom Menace. (1999) 5.35 Rough Justice. Weather. Weather 5.45 ITV News. Weather

6 00 **New York to Dean Formed!** Come Dan Harry Hill narrates a fresh selection of comical clips filmed by viewers on their camcorders, mobile phones and webcams

6.30 **Fred Britannia.** Melodramatic sitcom in which Dion Joly unleashes a host of pranks and oddball characters on unsuspecting members of the public across the nation

7 00 **Take Me Out** New series. A gentleman pairs a model/dancer a musician and a student by to impress a new line-up of 30 single women

8 00 **The X Factor** Dermot O Leary presents the first live studio round as the 12 remaining acts take to the stage in the hope of impressing the judges and millions of viewers at home. The results are to be known at 9pm

10 20 **The Jonathan Ross Show** With Stephen Fry and Taylor Swift.

11.20 ITV News. Weather

11 45 **Film: Before Sunset.** (2004) Romantic drama sequel starring Ethan Hawke and Julie Delpy

1 00 The Story. ITV News Headlines. 3 00 Ladette to Lady: Australia. (R) 3 45 ITV Nightscreen. 5 30 ITV Morning News.

CHANNEL 4

6 05 The Hub. (R) 5.30 British F3. 6.55 International Volleyball. (R) 7.50 Channel 4 Parkrun – Jurassic. (R) 7.55 The Morning Line. 8.55 T4: Audie Real Stories. 10.00 T4: Justin Bieber: Don't Listen Live. (R) 10.50 T4: Revenge. 11.50 T4: Snowgoggles. (R) 12.20 T4: The Big Bang Theory. (R) 12.50 T4: The Big Bang Theory. (R) 1.20 T4: The Simpsons. (R) 1.55 Channel 4 Racing. 3.35 Come Dine with Me. Ireland. 4.20 Come Dine with Me. Ireland. 4.55 Come Dine with Me. Ireland. 5.25 Come Dine with Me. Ireland. 5.55 Come Dine with Me. Ireland

9 25 **Channel 4 News**

9 55 **4thought** Ivy Appiah with voices her beliefs about over population

7 00 **Jaws: The Dead While Myth** The story of how Steven Spielberg's 1975 Hockbuster shook a great white shark terrorising a small island community had a massive impact on the world's oceans and their inhabitants

8.00 **Comedy World Cup** Andy Parsons, Jen Richardson and Ian Chanckin Brothers take on Omid Djalili, Daniel Sloss and Jon Pasquale as the homely cross tournament continues. David Tennant asks the questions

9.00 **The Millen Pound Drop Live** Keith Lemon and Patsy Kensit team up for the panic in which contestants can win £1 million, but lose money for giving incorrect answers. Davinia McCall asks the questions

11 00 **Film: Panic Room** (2002) Thriller starring Jodie Foster

12 40 **Film: Sommersaren** (2004)

2 45 Hollyoaks. 4 45 Deal or No Deal. (R) 5 45 Countdown. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. 10.25 Batman: The Brave and the Bold. 11 10 Looney Tunes. (R) 11.20 Looney Tunes. (R) 11 30 **Film: The Towering Inferno** (1974) Disaster movie, starring Paul Newman and Steve McQueen. 2.40 Film: 55 Days at Peking. (1963) Fact-based epic, starring Charlton Heston. 5.40 **Film: Gremlins 2: The New Batch** (1990) Joe Dante's comedy sequel, starring Zach Galligan, Phoebe Cates, John Glover and Christopher Lee.

7 50 **5 News Weekend.**

7.05 **Film: Battle of Britain.** (1969) RAF pilots under the leadership of Air Chief Marshal Hugh Dowding battle Britain from the night of Rudolf Hess's flight to the end of the Battle of Britain, with Laurence Olivier and Michael Caine

10.20 **CSI: Miami** Tim Iearn arrest gates the assassinat on of a billionaire and Luman discovers the killing may be linked to a prototype for a revolutionary new drillel

11 15 **CSI: Crime Scene Investigation.** The team investigates the shooting of a psychic in her own stage. The newly ID patient in a robbery but the post mortem suggests the attack was premeditated. (R)

12 15 SuperCasino. Live interactive gaming. 4 00 HouseBusters. Life-enhancing changes to a home. (R) 4 25 Dry on Dosages. (R) 5 00 Rough Guide to Beaches. (R) 5 00 Hank's Helpline. (R) 5 10 Thin Milkshake! Show. Thin gang tries to cheer up Milky. (R) 5 35 Thomas & Friends. (R) 5.45 Rosie the Racing Car. Big Chris forgets Marsha's birthday. (R)

DIGITAL

BBC Three

7 00 Great Movie Mistakes 2: The Sequel II 00 Top Gear 9 00 Live at the Apollo 9 45 Russell Howard's Good News 10 20 All American Dad Weekend

BBC Four

7 00 Thirteen Planet 8 00 Explorers: How We Shook the World 9 00 Inspector Montalbano 10.40 The Story of Light Entertainment

ITV2

4 20 The K Factor 6 45 Film: Free Willy (1993) 8 00 Film: Back to the Future (1985) 10.20 The Xtra Factor 11.20 Take Me Out – The Gossip

ITV3

3 40 Agatha Christie's Poirot 5 50 Minder. She Wrote 6 45 Foyle's War 9 00 Vera. DCI Stanhope investigates a murder in a remote cottage in Northumberland 11 00 Crime Connections

ITV4

3 10 Film: Spartacus (1960) 2 00 British Speedway Championship Highlights 8 00 River Monsters 9 00 Film: Man Down (1997) 11 10 Film: The Howling (1981)

E4

3 00 Desperate Housewives 4 00 Revenge 5 00 How I Met Your Mother 6 00 The Big Bang Theory 7 30 Rules of Engagement 8 30 Submissteory 9 00 David Blaine's Street Magic 10 00 Film: Sex Drive (2008)

Film4

3 45 Meet Dave (2008) 5.30 Indie Wars (2008) 7 20 The Man (2005) Comedy starring Samuel L. Jackson. Eugene Levy and Miguel Ferrer 9 00 Mission: Impossible 2 (2000) Director John Woo's action thriller sequel, starring Tom Cruise, Dongray Scott, Thandie Newton and Ving Rhames. Tony Hopkins 11 25 Saw II (2005)

SUNDAY'S TV 7.10.12

CHOICE

Andrew Marr

Andrew Marr's History of the World
BBC1, 9pm
Say what you like about Andrew Marr, his latest series is nothing if not ambitious. He has just eight weeks to explain well everything, although he s been surprisingly comprehensive thus far, having covered topics from humanity s earliest roots in Africa, the earliest civilisations, and the first great empires. And that was in just two episodes. This week, he looks at the spiritual revolutions that took place around the world between 300BC and 700AD. It was an age that saw Buddhism, Christianity and Islam develop

BBC1

8 45 Breakfast. 7 35 Match of the Day. (R) 9 00 Tim Andrew Marr Show. 10 00 Sunday Morning Live. 11 00 Sunday Politics. Weather for the week Ahead. 12 30 Bargain Hunt. (R) 1 30 Cash in the Attic. (R) 2 45 Formula 1 Japanese Grand Prix: Highlights. 5 05 A Question of Sport: 2012 Olympics Special. (R) 6 00 Points of View. 6.55 Songs of Praise. 7 30 Planet Earth Live: A Menkart's Tale

6.30 **BBC News** Regional News, Weather

7 00 **Countryfile...** Matt Baker explores Northumberland's moody past, revealing why farmers had to build fortified houses, and Adam Henson finds out if dinosaur bristles could help defend the crops. Including Weather for the Week Ahead

8.00 **Antiques Roadshow** New series. Fonn Bruce and Ifin experts visit RAF Marham in Norfolk, where items include a gold cup and a Victorian book, Ruff Guide viewers can play along by guessing valuations.

9.00 **Andrew Marr's History of the World** The spiritual revolutions that shook the world between 300BC and 700AD

10 00 **BBC News:** Regional News, Weather

10 20 **Match of the Day 2** Including highlights of Newcastle United v Manchester United

11 45 **Film: Halloween H20...** (1998)

1 40 **The Sky at Night** 1.25 Weatherview. 1 30 Sign Zone: Andrew Marr's history of the World. (R) 2 30 Rugby City. (R) 3 00 The Paradise. (R) 4 30 BBC News.

BBC2

6 00 Cbeebies. 7 30 CBBC. 10 00 Saturday Kitchen Best. 11 30 That Great British Bake Off. (R) 13 00 Film: Safari. (1956) 1 55 Film: The Long Ships. (1963) 4.00 Flog It! (R) 5 00 Rugby League

6 00 **Great Barrier Reef** Monty Halls reveals how an array of creatures travels thousands of miles to visit the reef and considers how climate change could affect its future. Last in this series. (R)

7 00 **Top Gear** Jeremy Clarkson and James May pay tribute to Swedish car manufacturer Saab and Doctor Who star Matt Smith gets behind the wheel of the Reasonably Priced Car. (R)

8 00 **Hall in Britain** Part one of two. Evan Davis explores the engineering challenges facing 21st century Britain and goes behind the scenes at projects updating the nation's infrastructure

9 00 **Dragons' Den** Two grandmothers seek funding for their update of a 200-year-old invention, which they believe will create a new form of street advertising

10.00 **Mock the Week** With guests Ed Byrne, Alan Cochrane and Gary Delaney. (R)

10.30 **Never Mind the Buzzcocks** With Rob Beckett, Gareth Malone and guest host Example. (R)

11 00 **Film: The Quiet American** (2002) Drama based on Graham Greene's novel, starring Michael Caine, Brendan Fraser, Do Thi Hai Yen, Rade Serbedzija and Tzi Ma

12 35 Formula 1 Japanese Grand Prix: Highlights. (R) 2 35 BBC News. 4.10 Close.

ITV1

6 00 CITV: CITV. 9.25 ITV News. 9.30 The Jeremy Kyle Show. 10.25 The Jeremy Kyle Show. USA. 11.20 The X Factor. (R) 12.40 ITV News, Weather. 12.45 Film: Jurassic Park. (1993) 3.00 Film: Star Wars: Episode I – The Phantom Menace. (1999) 5.35 Rough Justice. Weather. Weather 5.45 ITV News. Weather

6 00 **New York to Dean Formed!** Come Dan Harry Hill narrates a fresh selection of comical clips filmed by viewers on their camcorders, mobile phones and webcams

6.30 **Fred Britannia.** Melodramatic sitcom in which Dion Joly unleashes a host of pranks and oddball characters on unsuspecting members of the public across the nation

7 00 **Take Me Out** New series. A gentleman pairs a model/dancer a musician and a student by to impress a new line-up of 30 single women

8 00 **The X Factor** Dermot O Leary presents the first live studio round as the 12 remaining acts take to the stage in the hope of impressing the judges and millions of viewers at home. The results are to be known at 9pm

10 20 **The Jonathan Ross Show** With Stephen Fry and Taylor Swift.

11.20 ITV News. Weather

11 45 **Film: Before Sunset.** (2004) Romantic drama sequel starring Ethan Hawke and Julie Delpy

1 00 The Story. ITV News Headlines. 3 00 Ladette to Lady: Australia. (R) 3 45 ITV Nightscreen. 5 30 ITV Morning News.

CHANNEL 4

8.30 Baking Mad with Eric Lanlard. (R) 8 35 The Hub. (R) 7 00 London Triathlon. 7 55 Channel 4 Presents... Lee. (R) 8 00 Will & Grace. (R) 8 30 Will & Grace. (R) 9 45 Frasier. (R) 10 00 Snow Patrol: 12.35 The Big Bang Theory. (R) 1.00 The Big Bang Theory. (R) 1.30 The Simpsons. (R) 2.35 The Simpsons. (R) 2.35 Film: My Best Friend's Wedding. (1997) 4.35 Deal or No Deal. 5 35 Film: Ice Age: Dawn of the Dinosaurs. (2009)

7.20 **Channel 4 News**

7 50 **4thought** Professional dating coach and mother-of-two Bryony Anne Leather learns her belief that human beings are at their best in romantic relationships

7.55 **The Political Slot.** With Stratford-on-Avon MP Nadhim Zahawi

8 00 **Kevin McCloud's Man Made Home** Thin Grand Designs presenter searches for innovation-off-grid solutions for his cabin, examining an experiment in north Wales where dog excrement is being used to create methane

9 00 **Homeland** New series. Return of Irm award-winning thriller starring Claire Danes and Damian Lewis. Carrie's mental health begins to improve – and Iran-ghi asset resurfaces

10 00 **Friday Night Dinner** New series. Return of the comedy starring Simon Bird

10.30 **Film: Drunk** (2009)

12 10 Comedy World Cup. (R)

1 05 American Pickers. Live. 4.45 Grudge Match. (R) 4 45 Deal or No Deal. (R) 5 45 Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. 6.09 Roary the Racing Car. (R) 6 15 Fifi and the Flowertots. (R) 6 25 City of Friends. (R) 6 35 Thin Mr Men Show. (R) 6 50 Carlin Farm. (R) 6 55 Archie's Flying Fairy School. (R) 7 05 Kerfuffle and Custard Tales. (R) 7 15 Bananas in Pyjamas. (R) 7 25 Play. (R) 7 35 Noddy in Toyland. (R) 7 45 Milkshake! Monkey. (R) 7.50 Bert and Ernie's Great Adventures. (R) 8 00 Little Princesses. (R) 8 10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8 25 Angelina Ballerina. 8.40 Rupert Bear. (R) 8 55 Jim and Holly's Little Kingdom. (R) 9 10 Tchoy's Travelling Circus. 9 35 Roary the Racing Car. (R) 9 40 Jolly Jamm. (R) 10 00 Power Rangers Samurai. 10 35 Batman: The Brave and the Bold. 11 00 Looney Tunes. (R) 11 10 Extraordinary Dogs. (R) 11.40 Inspin Hollywood. (R) 11.50 Dinlies. (R) 12 10 **Film: The Cannonball Run** (1981) 2.45 Film: Hell to Eternity. (1960) 5 10 Film: MacArthur. (1977)

7 30 **5 News Weekend**

7 40 **Film: Dumb and Dumber** (1994) A dime-ted dim-wit embarks on the cross country trip to return a briefcase to its owner – unaware of the fortune within. Comedy with Jim Carrey, Jeff Daniels and Lauren Holly

10.00 **Film: Shoot 'Em Up** (2007) Premie n. Action adventure starring Clive Owen

11 45 **Film: Kill Switch** (2008) Action thriller, starring Steven Seagal

1.35 SuperCasino. 3.00 The Fifi Files. (R) 4.50 Hank's Guide to Cities. (R) 5 00 Hank's Helpline. (R) 5 10 The Milkshake! Show. (R) 5 35 Thomas & Friends. (R) 5 45 Roary the Racing Car. (R)

DIGITAL

BBC Three

7 00 Be Your Own Boss 8 00 Gavin & Stacey 9 00 All American Dad Weekend 10 00 American Dad! 10.45 Family Guy 11 25 Cuckoo 11 55 Russell Howard's Good News

BBC Four

7 45 Julia Bradbury's Canal Walks 7 30 The Story of Light Entertainment 8 00 Neil Oliver and Brian Cox: Britain's Stormiest Tidal Wave 10 00 Love Me Do 62 11 10 The Best of Kenny Everett's Television Shows – Part 1 11 35 Best Possible Taste: The Kenny Everett Story

ITV2

2.50 Film: Peter Pan (2003) 6.00 Tellin' Me Lies 6 05 Take Me Out: The Gossip 6 55 Film: Back to the Future Part II (1989) 8 00 The Xtra Factor 10 00 The Only Way Is Essex 10 45 Griffin&Mds 11 45 Fearne and James Blunt

ITV3

4 50 Film: Intelligence Men (1965) 6 45 Lewis 9 00 An Ambience with Lionel Blaine 10 05 Film: Arthur (1981)

ITV4

11.30 Live British Touring Car Championship. 6 00 Goodwood Revival 2012 7 00 Thin Sweeney. 8 00 Premiership Rugby Union. 9.00 Film: Thin Deal (1995) 11 00 Film: We Own the Night (2007)

E4

3.20 Ugly Betty 4 15 New Girl 4.40 Shipwrecked 5 10 Revenge 6 10 The Big Bang Theory 8 00 Film: Cincinnati Dandies (1986) Comedy starring Phil Hogan 10 00 2 Broke Girls 10 30 The Inbetweeners 11.35 New Girl

Film4

2.45 The 7th Voyage of Sinbad (1958) 4.30 Star Trek IV: The Voyage Home (1986) 6 55 She's the Man (2006) 9 00 Kung-fu Mum (2005) 11 00 The Escapist (2008)

Monday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Britain's Empty Homes. 11.30 Cash in the Attic (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Only Fools and Horses (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Eat Britain. BBC News Regional News. 8.00 EastEnders. 8.30 Return of the Supergrass. Panorama. 9.00 New Tricks. 10.00 BBC News. 10.25 Regional News Weather. 10.35 The Town That Never Retired (R) 11.35 Film Girl with a Pearl Earring. (2003) Period drama starring Scarlett Johansson. 1.10 Weatherview. 1.15 Sign Zone. Wartime Farm. (R) 2.15 Crime on Four Wheels. (R) 2.15 Masters of Money (R) 4.15 BBC News

BBC2 5.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.00 Daily Politics. Conference Special. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under (R) 3.45 Paul Martins Handmade Revolution. 4.20 Breakaway. 5.10 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Many Faces of Jane Whitfield (R) 8.00 University Challenge. 8.30 Nigellissima. 9.00 Wonderland. (R) Wills Crime. Beauty Queen. 10.00 BBC News. Mind the Buzzcocks. 10.30 Newsnight. Weather. 11.20 Today in Conference. 11.50 Dragons' Den. (R) 12.50 Richard Hammond's Crash Course. 1.40 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Deal or No Deal. 3.00 The Alan Titchmarsh Show. 3.50 Regional Weather. 4.00 May the Best House Win Vive la France. 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Paul O'Grady For the Love of Dogs. 8.30 Coronation Street. 9.00 Monroe. 10.30 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 The Great Train Robbery. 11.35 Grimefighters. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV News.

Channel 4 6.05 The Treacle People. 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.55 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Secrets of Your Boss's Pay: Channel 4 Dispatches. (R) 9.00 Fresh Unwrapped. 9.00 999: What's Your Emergency? 10.00 8 Out of 10 Cats. 10.50 Alan Carr: Chatty Man. (R) 11.45 Random Acts. 12.00 Shameless. (R) 1.00 The Good Wife. 2.25 Film Ask the Dust. (2006) Romantic drama starring Salma Hayek and Colin Farrell. 4.20 Enough. (R) 4.25 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Inside Hollywood. 12.10 6 News Lunchtime. 12.15 CSI: Miami. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film Wild Hearts. (2006) Drama, starring Richard Thomas. 4.55 Chinese Food in Minutes. (R) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Being Liverpool. (R) 8 News Update. 8.00 Classic Car Rescue. 9 News at 9. 9.00 Film Step Brothers. (2008) Comedy starring Will Ferrell and John C Reilly. 11.00 Film Kingdom of Heaven. (2005) Historical epic, starring Orlando Bloom. 1.40 SuperCasino. 3.55 Great Scientists. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Britain's Empty Homes. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Eat Britain. BBC News Regional News. 8.00 Holby City. Chrissie has doubts about marrying Sacha. 9.00 The Passion. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.30 The Town That News Retired. (R) 11.35 Film: Wonder Boys. (2000) Drama, starring Michael Douglas. 1.20 Weatherview. 1.25 Sign Zone. Walsbridge. (R) 2.25 The Town That News Retired. (R) 3.25 Celebrity MasterChef. (R) 3.50 BBC News

BBC2 9.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. Conference Special. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martins Handmade Revolution. 4.20 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Story of Wales. Furnace of Change. 8.00 The Great Fish Sale. Off. 9.00 Ian Hislop's Soft Upper Lip. An Emotional History of Britain. (R) 10.00 Later Live with Jools Holland. 10.30 Newsnight. Weather. 11.20 Today in Conference. 11.50 The Cheer Sang While You Work. (R) 12.50 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.59 Regional News Weather. 2.00 Deal or No Deal. 3.00 The Alan Titchmarsh Show. 3.50 Regional Weather. 4.00 May the Best House Win - Vive la France. 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Paul O'Grady For the Love of Dogs. 8.30 Coronation Street. 9.00 Monroe. 10.30 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 The Great Train Robbery. 11.35 Grimefighters. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV News.

Channel 4 6.05 The Treacle People. 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.55 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Secrets of Your Boss's Pay: Channel 4 Dispatches. (R) 9.00 Fresh Unwrapped. 9.00 999: What's Your Emergency? 10.00 8 Out of 10 Cats. 10.50 Alan Carr: Chatty Man. (R) 11.45 Random Acts. 12.00 Shameless. (R) 1.00 The Good Wife. 2.25 Film Ask the Dust. (2006) Romantic drama, starring Salma Hayek and Colin Farrell. 4.20 Enough. (R) 4.25 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Inside Hollywood. 12.10 6 News Lunchtime. 12.15 CSI: Miami. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film: Unstable. (2009) Thriller starring Sinn Sajdeh. 4.55 Looney Tunes. (R) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Emergency Rikers. (R) 5 News. 8.00 The Hollywood Hillside Strangler: Born to Kill? 9 News. 9.00 Person of Interest. 10.00 CSI: NY. (R) 11.00 CSI: NY. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.45 Freshlac Flies. (R) 1.10 SuperCasino. 3.30 Great Scientists. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Britain's Empty Homes. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes, Weather. 6.56 Party Political Broadcast. (R) 7.00 The One Show. BBC News Regional News. 8.00 Watching. 9.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News. 10.35 The National Lottery Wednesday Night Draws. 10.46 Not Going Out. (R) 11.15 Film: Sliding Doors. (1998) Drama, starring Gwyneth Paltrow. National Lottery Update. 12.20 Weatherview. 12.25 Sign Zone. See Hear. (R) 1.25 Hilary Devey's Women at the Top. (R) 2.25 Cash Retain. (R) 3.50 Celebrity MasterChef. (R) 3.55 BBC News.

BBC2 9.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.00 Daily Politics. Conference Special. 1.00 Set Hear. Can It. Buy or Not to Buy. (R) 2.10 Weakest Link. (R) 2.55 Wanted Down Under. (R) 3.40 Paul Martin's Handmade Revolution. 4.25 Breakaway. 5.10 Antiques Road Trip. 5.55 Party Political Broadcast. 6.00 Eggheads. 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Story of Wales. A New Beginning. 8.00 Great British Food Revival. 9.00 Welcome to Index. 10.00 BBC News. 10.30 Newsnight. Weather. 11.20 Today at Conference. 11.50 Film: Storyville Tabloid. See in Chains. (2010) Premiere. Errol Morris' documentary about a notorious kidnapping case. 1.15 BBC News. 3.55 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Dickensons Real Deal. 3.00 The Alan Titchmarsh Show. 3.50 Regional Weather. 4.00 May the Best House Win - Vive la France. 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 All Star Mr & Mrs. 8.00 DCI Banks. 10.00 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 Lighthouse. 11.35 Take Me Out. (R) 12.30 Jackpot247. ITV News Headlines. 3.00 British Touring Car Championship Highlights. 4.15 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.05 The Treacle People. 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.55 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Secrets of Your Boss's Pay: Channel 4 Dispatches. (R) 9.00 Fresh Unwrapped. 9.00 999: What's Your Emergency? 10.00 8 Out of 10 Cats. 10.50 Alan Carr: Chatty Man. (R) 11.45 Random Acts. 12.00 Shameless. (R) 1.00 The Good Wife. 2.25 Film: Ask the Dust. (2006) Romantic drama, starring Salma Hayek and Colin Farrell. 4.20 Enough. (R) 4.25 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. 12.10 6 News Lunchtime. 12.15 CSI: Miami. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film: Hidden Places. (2006) 4.55 Looney Tunes. (R) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Edible Stalkers: Trucks and Trailers. (R) 5 News Update. 8.00 New Emergency Rikers. 5 News at 9. 9.00 Dollar. 10.00 Law & Order: Special Victims Unit. (R) 10.55 Law & Order: Special Victims Unit. (R) 11.55 The Hollywood Hillside Strangler: Born to Kill? (R) 12.45 SuperCasino. 3.55 Great Scientists. (R) 4.20 House Doctor. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Britain's Empty Homes. 11.30 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Waterloo Road. 9.00 Hunted. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Crimefighters. (R) 11.35 This Week. 12.20 Holiday Weatherview. 12.25 Sign Zone. Return of the Supergrass – Panorama. (R) 12.55 Countryfile. (R) 1.55 Dead Good Job. (R) 2.55 Celebrity MasterChef. (R) 3.55 BBC News.

BBC2 9.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martin's Handmade Revolution. 4.20 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Many Faces of Jane Whitfield. (R) 8.00 University Challenge. 8.30 Nigellissima. 9.00 Wonderland. (R) Wills Crime. Beauty Queen. 10.00 BBC News. Mind the Buzzcocks. 10.30 Newsnight. Weather. 11.20 Today in Conference. 11.50 Dragons' Den. (R) 12.50 Richard Hammond's Crash Course. 1.40 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Dickensons Real Deal. 3.00 The Alan Titchmarsh Show. 3.50 Regional Weather. 4.00 May the Best House Win - Vive la France. 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 All Star Mr & Mrs. 8.00 DCI Banks. 10.00 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 Lighthouse. 11.35 Take Me Out. (R) 12.30 Jackpot247. ITV News Headlines. 3.00 British Touring Car Championship Highlights. 4.15 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.10 Channel 4 Presents – Neilson. (R) 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.55 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Location, Location, Location. 9.00 The Plans Crash. 10.35 999: What's Your Emergency? (R) 11.25 Random Acts. 11.40 Jewish Mum of the Year. (R) 12.45 Jews at Ten. 1.40 Embarrassing Bodies. (R) 2.10 Win a Baby. 2.35 Secrets of Your Boss's Pay: Channel 4 Dispatches. (R) 3.10 Tim Team. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 6 News Lunchtime. 12.15 CSI: Miami. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film: Mystery Women On Baby. (2006) Detective drama, starring Kellie Martin. 4.55 Looney Tunes. (R) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Classic Car Rescue. Restoring an MG TF sportscar. (R) 5 News Update. 8.00 Heroes of the Skies. The exploits of America's Tuskegee Airmen. 5 News Update. 9.00 Making Faces. Patients with prosthetic ears. Live in the sauna. 10.00 True CSI. The murder of a driving instructor in East Yorkshire. 11.00 Jack the Ripper – The Definitive Story. (R) 12.00 SuperCasino. 3.50 Great Scientists. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Britain's Empty Homes. 11.30 Cash in the Attic. (R) BBC News, Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Noel Slater's Dish of the Day. BBC News Regional News. 8.00 EastEnders. 8.30 Mandis. (R) 9.00 Have I Got News for You. 9.30 Me and Mrs Jones. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Michael McIntyres Comedy Roadshow. (R) 11.00 Live to the Apollo. (R) 11.35 The National Lottery Friday Night Draws. 11.45 EastEnders. 1.40 Weatherview. 1.45 Sign Zone. The Hairy Bikers' Bakeation. (R) 2.45 Question Time. (R) 3.45 BBC News. 5.00 Live Formula 1 Korean Grand Prix Qualifying.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Wanted Down Under. (R) 3.45 Paul Martin's Handmade Revolution. 4.20 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Many Faces of Lee Dawson. (R) 8.00 Masterminds. 8.30 Gardeners' World. 9.00 Fernando's Thai Tuk Story of Life. Relax Suite. 10.00 QI. 10.30 Newsnight. 11.00 The Book Review Show. 11.45 Weather. 11.50 Late with Jools Holland. 12.50 Film: The Draughtsman's Contract. (1982) Drama. 2.35 BBC News. 3.40 Close.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.45 Regional News Weather. 2.00 Dickensons Real Deal. 3.00 The Alan Titchmarsh Show. 3.50 Regional Weather. 4.00 May the Best House Win Vive la France. 5.00 The Chase. 5.30 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Celebrity Juice. A Table of Ten Stars. 10.00 The Jonathan Ross Show. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 The Property Tour. Tonight. (R) 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV News.

Channel 4 6.10 Channel 4 Presents – Neilson. (R) 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.55 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. (R) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Location, Location, Location. 9.00 The Plans Crash. 10.35 999: What's Your Emergency? (R) 11.25 Random Acts. 11.40 Jewish Mum of the Year. (R) 12.45 Jews at Ten. 1.40 Embarrassing Bodies. (R) 2.10 Win a Baby. 2.35 Secrets of Your Boss's Pay: Channel 4 Dispatches. (R) 3.10 Tim Team. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 6 News Lunchtime. 12.15 CSI: Miami. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Film: Wild Child. (2008) Romantic comedy with Jeremy London. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Heroes of the Skies. The exploits of America's Tuskegee Airmen. 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. A convoy of new trucks travels to the F1 Spanish Grand Prix. 9 News at 9. 9.00 NCIS. (R) 10.00 Being Liverpool. 11.00 Echo Blues. (R) 12.00 SuperCasino. 3.50 Motorsport Mundial. 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R)

This week's crossword - Clues

Across

1. **Persia (4)**
3. **Cherished (8)**
8. **Locate (4)**
9. **To loose (6)**
11. **Mass (12)**
16. **Contemporary (6)**
14. **Revenue (6)**
17. **Bubbling (12)**
26. **Dreadful (8)**
21. **Moist (4)**
22. **Praised (8)**
23. **Pure (4)**

Down

1. **Example (8)**
2. **Object (7)**
4. **Faster (6)**
5. **Cunning (10)**
6. **Surpass (5)**
7. **Dispatch (4)**
10. **Unimportant (10)**
12. **Sixfold (6)**
15. **Daunt (7)**
18. **Develop (6)**
19. **Chef (5)**
19. **Footwear (4)**

Last week's solution

ACROSS 1 CATASTROPHE 9 FAILURE 10 LOTTO 11 EMEND 12 DITCHES 13 ABSURD 15 LOFTED 18 HOLIDAY 20 SOLAR 22 LIMIT 23 TRANSIT 24 INFORMATION

DOWN 2 AGILE 3 ASUNDER 4 TREADS 5 OWLET 6 HATCHET 7 AFTER A WHILE, 8 CONSIDERATE 14 SOLOMON 16 INSTANT 17 SYSTEM 19 DITTO 21 LASSO

Food & Drink

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You eat more when food is labelled as small

DINERS eat more if food is labelled as 'small' – even if the meal is actually bigger, a new study led by the University of Michigan has found.

For the test, researchers labelled same sized cookies either medium or large and asked people to eat as many as they liked.

They found that in a surprising act of self-deluesion, the test subjects gorged on the biscuits that were labelled medium.

The scientists behind the study said that people are easily tricked as they trust the labels and eat what they are eating.

Study author Aradhna Krishna from University of Michigan said that the research had huge implications as the test findings could be applied to clothing and drinks as well.

The marketing professor said that fizzy drinks varied in size from restaurant to restaurant but if people stuck to a "medium" sized food they could be getting more than they wanted.

"Just because there's a different size label attached to the same actual quantity of food, people eat more," the Daily Mail quoted her, as saying.

She said that over the last 60 years a "large" size had become six times the portions of the past, leading to the rising rates of obesity.

Michelin star awards leaked early

THE 2012 Michelin star awards were leaked a week early, revealing 16 restaurants given their first British star.

Despite the leak being attributed to a technical glitch on the Michelin website, murmurs in the restaurant industry suspect it was part of a deliberate PR stunt.

The awards were swiftly removed from the website yesterday but not before many eagle-eyed food writers and bloggers spotted the winners.

Sketch in London won a second star, as did Simon Rogan's L'Enclume, in Cartmel, Cumbria and Michael Wignall at the Latymer, in Bagshot, Surrey.

Winners of a single star include Hestan Blumenthal's Hinds Head Fat Bray, Paul Ainsworth at Number 6 (Padstow), Bath Priory (Bath), Ruby Hunt (near Darlington), Tristan (Horsham), Alimentum (Cambridge), Thackeray's (Kent), The Red Lion (Wiltshire).

In London, single stars were awards to Alyn Williams at the Westbury, Dabbous, Medlar, Hedone, Launceston Place, Lounceston Place, St John Soho, Tom Aikens and Trishna.

The UK's four three-star restaurants – Fat Duck, Waterside Inn, Alain Ducasse and Gordon Ramsay – kept their top rating.

The Michelin Guide is the oldest and best-known hotel and restaurant guide in Europe, each year awarding one, two or three stars to restaurants of exceptional quality. Therefore Michelin stars are much coveted in the restaurant industry and the recognition is an ultimate career goal for many top chefs.

Such is the high profile of the awards that this is the third time in five years that they have been leaked online prior to official announcement.

In 2009, the press release appeared on a closed restaurant discussion site five days before schedule. In 2010, Ameson mistakenly sent out a copy of the guide to a restaurant prior to official publication.

Millie's Cookies launch cookie-lovers dream wedding cake

WITH the launch of the new Wedding Cookie Cupcake range the Millie's Cookies wedding series is now complete, offering both Wedding Favours and Wedding Cookie Cupcakes to help celebrations along. The Wedding Cookie Cupcakes presented on a beautiful, tiered stand create a stunning centrepiece for all cookie lovers to impress their guests. Personalised Wedding Cookie Cupcakes are made to order to suit all colour themes and taste buds, and are as beautiful as they are sumptuous for any wedding day.

Available in milk chocolate, white chocolate or double chocolate chip cookie flavours they are baked into a choice of metallic gold or silver cupcake foils (totally exclusive to the Wedding Cookie Cupcakes). From there options are endless with icing colours and flavours of white, blue, green (all vanilla) chocolate, strawberry, lemon and brand new caramel and edible toppings such as chocolate shavings, mini sugar butterflies, sugar hearts, pearls, wafer roses and daisies. These scene stealers are also deceptively budget friendly, starting at just £1.35 per cake.

Millie's Wedding Favours – are the perfect way to keep your guests sweet, whilst making a beautiful table decoration and suiting to suit any theme. Available in round or cute heart shape with a choice of the same icing flavours, colours, bases and toppings as the Wedding Cookie Cupcakes the beauty

of these is how versatile they are with colours, flavours and toppings adding the finishing touches and taking paint to any wedding setting. Each favour is individually packaged in either a cream-coloured square box with blue bow and clear heart window, elegantly cushioned in a luxury, custom made ivory heart shaped box, or simply placed in clear bags – whatever the packaging, they add colour and style to any setting. Baked fresh to order they deliver any cookie lover's dream crunch, sweetness and gooey centre to enjoy. Prices start at just £1.35 in the clear bag, £1.75 for the square box, and £2.50 for the heart-shaped box, per favour.

NuMe, new you - Healthier eating made easy with Morrisons

AN EXCITING combination of expert nutritionists and world-class chefs at Morrisons have created the NuMe range, an innovative range of foods to make healthier eating tasty, affordable and fun. Replacing Morrisons Eat Smart range, NuMe includes chilled, frozen and store cupboard products, all offering lots of health benefits without compromising on taste or price. NuMe (pronounced 'new me') initially includes over 300 lines with options to suit anyone with aspirations to be healthier.

NuMe options include high fibre choices, dishes rich in Omega 3, meals brimming with delicious fruits and vegetables as well as low fat and calorie controlled culinary treats. NuMe sees 'healthier' as a lifestyle choice rather than a fad diet plan, which is why the range includes tasty and luxurious healthier alternatives to traditional products, all providing excellent value for money.

As well as creating tongue-tingling, tasty products, the NuMe team at Morrisons has developed a brand new system of labelling, designed to help people navigate the healthier options more easily. While old methods can leave customers scrutinising small print and dithering over diagrams, the clear and simple iconography provides a clear A-Z of everything from calories and vitamins through to salt levels and 5 a day contributions, helping to take the headache

out of the healthier family shop.

One example of the new range includes the NuMe Lebanese chicken with sweet potato falafel, which combines the most up to-date culinary trends in a hearty meal. It's not just packed with flavour but it also delivers two of your 5 a day, with less than 3% fat. The meal is 401 calories and is a great source of fibre. £3.50 for 395g.

Bryonie Hebbert, Morrisons' nutritionist, says: "Our increasingly busy lifestyles mean that we cannot always take time out to prepare healthy and tasty food. Lower fat options can prove unsparing and tasteless while traditional fast food can mean that what you save in time you gain in calories and/or saturated fat. NuMe is about making it easier for customers to make healthier choices in store, without having to compromise on taste, quality or affordability."

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Almond Crusted Goats Cheese with a Beetroot and Basil Oil
Smoked Trout and Quail Egg Salad with Horseradish Dressing
Main Courses
Roast Turkey, Pigs in Blankets, Roasted Potatoes and Seasonal Vegetables, Orange and Cranberry Stuffing
Slow Cooked Shoulder of Lamb, Rosemary Duchess Potatoes with Seasonal Vegetables
Asian Tuna Fish Cakes on a Glass Noodle Salad
Sweet Potato, Red Pepper and Cocanut Curry with Coriander Rice
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The importance of weight training with type 2 diabetes

Denise Kelly

I THINK if you are faced with a serious disease, such as diabetes, knowing that it is possible for you to do so much to help yourself feel better and not rely heavily on medication is comforting. Unfortunately as it is becoming a more common condition, my fear is that people think that it is normal, and perhaps don't treat it with the seriousness that it deserves and potentially long term health can suffer. As with life, the more effort you put in the more reward you get out, so, if you have type 2 diabetes the more effort you put into controlling your diet, and doing plenty of exercise the more your health will benefit.

I was sent a study recently explaining the benefits of weight training for type 2 diabetes, and not only does it have a massive effect on the body shape and body strength, it has been shown to have a positive effect on your diabetes too. Men or Women who do weight training regularly, for example...30 minutes per day five days per week may be able to reduce their risk of type 2 diabetes by up to 34%, according to a new study by Harvard School of Public Health, USA. If they combine weight training and aerobic exercise, such as brisk walking or running, they may be able to reduce their risk even further, up to 59%.

Until now, previous studies have reported that aerobic exercise is a major importance for type 2 diabetes prevention, but many people have difficulty engaging in or adhering to aerobic exercise. These new results suggest that weight training can be just as successful if not more so and is a major prevention for type 2 diabetes.

Diabetes is a serious public health concern and it's on the rise. An estimated 346 million people worldwide have type 2 diabetes, and diabetes related deaths are expected to double between 2012 and 2030, according to the World Health Organisation. This is a frightening prospect and one, which can be helped in more ways than one.

So what is Type 2 diabetes?

Type 2 diabetes develops when the body can still make some insulin, but not enough or when the insulin that is produced does not work properly (known as insulin resistance). Insulin acts as a key in unlocking the cells, so if there is not enough insulin, or it is not working properly, the cells are only partially unlock (or not at all) and glucose builds up in the blood.

Type 2 diabetes usually appears in people over the age of 40, although in my clinic and health clinics all over the world, it is becoming increasingly more common in children, adolescents and young people of all ethnicities. Type 2 diabetes accounts for between 85 and 95 per cent of all people with diabetes and should be treated with a healthy diet and increased physical activity. In addition to this, medication and/or insulin can sometimes be required. Physical activity is so important and the findings in the USA study showed that even a modest amount of weight training might help reduce the risk.

As far as I can see and what the research suggests is that the combination of weight training and aerobic exercise confers the greatest benefits of all, but that weight training has beneficial effects on the diabetes risk far more than anyone realised.

So, if it's not already on your Christmas wish list, get yourself a personal trainer or hit the gym asap!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

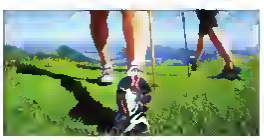
Cash strapped Brits focus on free activities to boost health and wellbeing

WITH the recession still biting at the heels of consumers across the UK, savvy Brits are turning to free healthy activities such as walking and running to improve their health and fitness. Research from PruHealth, the insurer that rewards healthy behaviour, found that almost a third (27%) of us are focusing on doing free forms of exercise such as walking, compared to just 14 per cent in 2008.

Further insight from PruHealth's customer Fitbug pedometer data has discovered that walking is a popular form of exercise in summer but unsurprisingly this tails off as the seasons change into autumn and winter, Fitbug found the average number of daily steps taken by adults in winter 2011 was only 8845 compared to 9479 in summer 2011.

As we are set to have a particularly spectacular and colourful autumn due to the wet summer and warm weather, PruHealth and the National Trust have joined forces to launch the Great British Walk. It aims to encourage people to put their best foot forward and venture out into the great British countryside to discover and enjoy special places. A series of events, activities and trails are taking place at National Trust properties across the country from now until 4th November, so look for the walks in your area.

Dr Katie Tryon, head of clinical Vitality at PruHealth said: "The health benefits of walking span across several different areas of our wellbeing including physical, mental and social wellbeing. Thirty minutes of brisk walking each day can help reduce the risk of coronary heart disease, maintain a healthy weight, improve self-esteem, reduce symptoms of depression and anxiety as well as being an activity that can be enjoyed on your own or with others.



"At PruHealth we have found that our members who engage in monitoring their walking are a third less likely to claim on their health insurance. The crisp autumn air and leaves crunching under foot are lovely reasons to get outdoors and raise our heartbeats. The Great British Walk is a fantastic way to kick-start your walking goals and get the whole family active."

Further information and details of hundreds of routes for all abilities are available to download for free from nationaltrust.org.uk/greatbritishwalk, where families can get also involved by uploading details of their favourite walks. Once submitted the walk will appear on a map and users will be able to share the walks that they have nominated via twitter using the hashtag #GBwalk.

Interview beauty blunders - The real reason you're not getting that job

YOUR BEAUTY REGIME now holds the key to securing that dream job, according to Debenhams Beauty Hall.

They say it takes 30 seconds for interviewers to make their minds up about a candidate, but it could be down to a set of beauty blunders many people aren't even aware of, that makes or breaks an interview.

Chipped nails, split ends and smudged mascara top the list of cosmetic catastrophes that put interviewers off a candidate.

Untidy chipped coral polish is a complete no no, with interviewers rating it their worst beauty blunder, and the first thing they notice as they shake hands upon arrival.

Split ends indicate laziness, while smudged mascara is the true sign of a party animal who would quite happily ditch the boardroom for the bar.

A slick of bright red lipstick, heavily pencilled brows and overpowering perfume reveal an overconfident personality. Fake tan implies the candidate loves a holiday and would swap reports for Ray Bans given half a chance.

A worrying absence of mascara hints at a potential emotional wreck who wastes no time in putting on what will inevitably be cried off within a couple of hours.

The common lipstick on teeth scenario automatically implies carelessness, while a strong line of foundation highlights a lack of attention to detail. Far from being alluring and mysterious, a drawn on fake beauty spot makes an interviewer doubt the honesty of a candidate.

But it seems women cannot win – an immaculately made-up face tells the interviewer to watch out for their job, as this candidate means business and is probably going to be hot on their heels for the next promotion.

Debenhams Beauty Director Sara Stuco says: "Clearly the application of make up and fragrance is just as important as making sure your outfit is clean and ironed ahead of an interview. It seems a more natural looking middle ground is the way to go for sure-fire success."

List of beauty blunders are:

Most hated beauty blunders - What they see - What they think

24% Chipped nails – Nervous/unprepared

19% Split ends - Lazy

17% Smudged mascara – Party animal

13% Fake tan – Loves a holiday

7% Bright red lipstick - Power crazy

5% Heavily pencilled brows – Too confident/ cocky

4% Overpowering perfume - Attention seeker

3% Lipstick on teeth - Careless

3% No mascara – Emotional wreck

2% Line of foundation – Lack of attention to detail

2% Drawn on beauty spot – Untruthful

1% 100% immaculate – Gunning for boss's job

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Hip and Thigh Exercises the hips, buttocks lower back and legs

Tummy Crunch Exercises the abdominals lower back hips and buttocks

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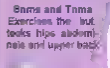

Bums and Tums Exercises the bum looks hips abdominals and upper back

Waist Away Exercises the abdominals waist and lower back

Posture Tonar Exercises the chest, upper back upper arms and shoulders

Hips and Thighs Exercises the thighs hips chest shoulders and upper back

Q. What is it?

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Q. How do they work?

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. . Babylon will tone you up & roll back the years

Q. How do I join?

A. No need to join at Babylon There are no membership or enrolment fees you simply book a course to suit yourself

Q. How long will it take?

A. Each machine is cleverly designed to exercise more than one body part at the same time halving the time it takes to see results Just Two to Three 30 or 60 Minute Sessions per week is all it takes for great results

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Betty from Birdham

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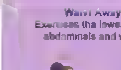
Chest and Legs Exercises the chest shoulders, arms legs abdominals upper back and hips

Hips and Thighs Exercises the upper back abdominals, shoulders chest arms, buttocks hips, inner and outer thighs



Waist Away Exercises the lower back abdominals and waist

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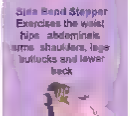


Bum Bend Stepper Exercises the waist hips abdominals arms shoulders legs buttocks and lower back

Tummy Crunch Exercises the abdominals lower back buttocks legs hips and waist

5lim Down
Firm Up
Get Fit
Feel Good

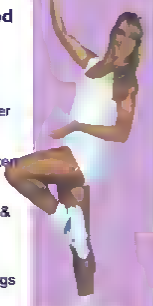
Improve Posture

Develop & shape upper body

Firm & flatten the tummy

Slim waist & hips

Contour & strength legs



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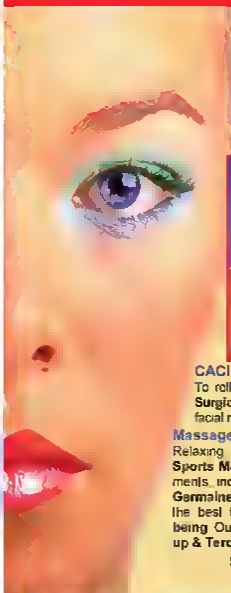

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Fashion

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Don't have an inferior interior!

FROM a Bygone Era, we all lived with Laura Ashley curtains with matching pelmets, but the quintessential British home interior has been revolutionised over the past decade.

Since the days of the hit TV show Changing Rooms, many have been inspired to experiment with paint effects as spurred by the likes of Lawrence Llewellyn-Bowen and Sue Berker, have you tried to achieve a wood grain effect on a dated kitchen cabinet? I wouldn't blame you if you have. DIY is now the big factor in interior design. Others may have piled their trolleys high with cheap, convenient frills from Ikea. Whichever way you went to personalise your home, you would of probably made a very conscious decision, because you are going to have to live with it longer than you can change the clothes in your wardrobe.

Trends in interior fashions continue to change and shift every year. With the release of fabric houses new collections this autumn you can spruce up your living room with a new pair of curtains and a cushion to regenerate your home. I just love colour and pattern although I am a bit more conservative with my tastes when it comes to interior design. But having a patchwork blanket on the bed and crochet blankets in the lounge means that I am still far from contemporary cool.

The current financial situation has not made it easy for homeowners to be frivolous with their budget. Contemplating updating the bathroom or kitchen is now a real challenge.

> "You can spruce up your living room with a new pair of curtains and a cushion to regenerate your home"

An alternative to buying new furniture is to update your walls. Gentlemen, I don't mean adding a plasma screen to add a focus point. A trend that I do love is dip-dye, the ombre colours flowing like a watercolour painting is so mesmerising. Designers Guild have created a wall art dip dye paper to enhance your living room so you can be 'trendy' or just enjoy the swish of colour. One of the high-streets synonymous designers, Orla Kiely has teamed up with Harlequin to produce a line of wallpapers which evoke her retro oval design. At the emporium of Kiely, you will be able to coordinate your handbag to match the walls of your living room. If you're more of an animal fan, Blendworth Fabrics has sensitively rejuvenated one of their archive playful designs. Called 'Chirpy' after its pet budgie, this cute fellow really makes you feel a sense of happiness as he pears over your shoulder.

If you only have a small budget, can't even decorate a cake and won't dare make the journey to the mecca of discount interiors that is Ikea, I often take a peek into Metcalf and Wilkinson for price effective snippets. For a subtle change go for an chintz bowl or a mantle clock, I think you can compromise on where it came from for a good kitsch accessory. By adding accessories to your home you can create a different look and feel year after year.

Alex Cvijovic is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade. www.vintageparade.co.uk

David Beckham reveals underwear choice

DAVID BECKHAM says his preferred underwear choice is 'tighty-whities'.

The soccer star made the comments at the Time Warner Cable Sportsnet launch on Monday night in California. The father-of-four is used to revealing all when it comes to his briefs as he models for H&M men's underwear line.

"I mean, I like tighty-whities," David told Celebuzz. "Someone asked me about tighty whities the other day, and I love them! They're comfortable. I think they feel great, especially when you're playing soccer, as well. It's [comfortable]. But I wear boxers as well."

The 37 year-old is currently in Los Angeles shooting another commercial for the popular chain store. David was spotted on location in Beverly Hills wearing a small pair of dark green underpants. The soccer star showed off his toned muscles and tattooed torso that helped him secure the H&M intimates modelling job.

At the Sportsnet Launch David also revealed that his wife Victoria Beckham doesn't have a preferred choice when it comes to his underwear.

"I can't tell you that," he quipped. "No, she likes whatever I wear, of course!"

Dallas revival impacts the high street

LEGENDARY 80's show Dallas has sparked a fashion revival with trendsetters up and down the country, according to latest sales figures by high street retailer Debenhams.

And it seems that it's seventy-one year old Linda Gray, who plays power woman Sue Ellen Ewing that they are turning to for fashion advice – a step change from the young models which graced the catwalks of London Fashion Week earlier this month.

Dubbed the Dallas Effect, the relaunch of the hit eighties show, is only weeks old and already its impact has been felt on the high street.

Sales of tailored dresses and jackets, similar to those worn by the actress have more than doubled (+52%) since Sue Ellen began to appear on the Channel 5 programme, says fashion store Debenhams. A £75 J by Jasper Conran tartan shift dress and £65 J by Jasper Conran jacket are amongst the best sellers.

Some evening dresses from its Designers at Debenhams ranges in bold metallics and velvet, that wouldn't look out of place at the TV hit show's glamorous Oil Baron's Ball have also seen a jump in customer demand of 120%.

Glam 80's trouser suits are flying out of stores, selling more than 110% year on year. The Betty Jackson Black jacquard trousers priced at £45 and matching jacket priced at £35 proving to be the most popular. The same goes for pointed toe, stiletto heels, which customers are buying in favour of the chunkier platform sandals of the summer months.

Says Michelle Dowdell, Debenhams spokesperson, "Power dressing is back! Women are wanting to look a million dollars and are going all out to make an impression by heading straight for the tried and tested power-dressing tools made famous by the notorious Texans."

There seems to be a real trend for big, bold, impactful fashion going on, which could have spilt on to the High Street from the small-screen. High heels are more popular than ever, in bright jewelled colours with embellishments.

Sales suggest that the 80's trend of matching your shoes and bag is also making a big comeback, says Debenhams.

There has been a significant rise in sales of costume jewellery, with big crystals and pearls selling well (+34% on last month).

Continues Michelle Dowdell, "Customers are piling on the bling and splashing out on all sorts of costume jewellery to make a big 80's style statement with their outfit.

"It's as though Dallas reminds people of a time when the economic outlook was bold and bright – just like the cast's wardrobe!"

Whilst the fashion in the new Dallas series is definitely softer and more classy than the original, they have retained the slightly brash, high-roller look, which may well be a welcome antidote to the more subtle trends and muted colours of recent years.

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October vegetable activity

Jo Golesworthy shows you how to get the very best out of your autumn vegetable garden.

THERE S heaps to harvest, even more to sow so don t let the cooler weather and darker nights put you off

Blight' Slugs' Caterpillars' We ve had the lot this year My veg patch has taken an enormous hit even though we planted everything a little later this year The tomatoes are green and few in number, the kale has been completely munched and the salad didn t even get going but the good thing about the cooler weather is that a lot of these things disappear for a few months

> "Ripen green tomatoes with yellow bananas"

giving us gardeners a chance to pull back some produce in the garden

Between now and the end of October you should still be pulling in some runners, courgettes, cucumbers and pumpkins... and if you were organised enough there should be some sprouts and leeks gracing your table

Here s a look at what else could be done this weekend in your vegetable garden

1. Plant autumn onion sets I like to plant onions in my potato patch once the ground has had a chance to settle but they re a great crop Most garden centres have autumn sets in now so plant 15cm apart and protect from birds with netting.

2. Plant rhubarb crowns Clear the area you are using making sure there is organic matter available to place in the hole you ve dug (slightly larger than the pot it has been living in) and cover with soil and compost.

3 Store any green tomatoes for ripening. Place near a ripe banana or cover in newspaper and leave in a cool dark place for ripening.

4 Plant perpetual spinach in pots Plant and cover with a light plastic bag Make sure there are holes for air circulation Leave in a protected sunny position and watch for shoots

5 Collect and store any herbs for drying, freezing or preserving in sauces Think about sage, mint, thyme etc.

It would be great to hear how everyone's pumpkins have come along this year It could be the year of the squash!
Jo Golesworthy

Writer, designer, horticulturalist Follow Jo on her blog at www.theradiantgardener.wordpress.com

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Includes coach travel & entrance

Tommy Steele returns to the role that he has made his own - Ebenezer Scrooge. The ideal winter treat, Leslie Bricusse's spectacular musical extravaganza Scrooge is a heartwarming family story based on Charles Dickens' A Christmas Carol. Stunning sets and costumes, specially created illusions by magician Paul Kieve and a fantastic musical score which features the Oscar-nominated hit 'Thank You Very Much Don't miss Ebenezer, Bob Cratchit, Tiny Tim, the ghosts of Christmas past, present and future and a whole host of Dickensian characters in the award winning, international smash hit musical Scrooge!
(Seats in Stalls for Matinee Performance)

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Adult, Senior Citizen & Child £69
Includes coach travel & entrance

Lunch is at 1230hrs at the Strand Palace Hotel followed by the matinee performance of Jersey Boys.

Jersey Boys is the story of Frankie Valli and the Four Seasons. Discover the rags to rock to riches tale of four boys working their way from the streets of New Jersey to the heights of international pop-stardom. Featuring classic hits' Sherry, Big Girls Don't Cry, Can't Take My Eyes off You, Walk Like a Man, December 1963 (Oh What a Night) and many more.

1500hrs Matinee Performance with seats in the Stalls.

There is a Jersey Boys only option available for this day without lunch at a price of £53 per person.

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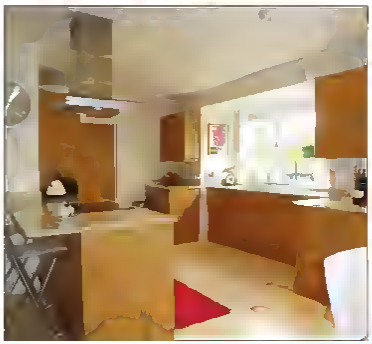

Two years and £5000 to make house a home

TURNING a new house into a home takes nearly two years – and £5,000 worth of improvements, new research has revealed. A study found it takes more than a few cushions to make a house feel homely, with the process typically taking around 17 months and 12 days

Knowing the neighbours by their first names, fitting new carpets and bathroom suite and hosting a barbecue are also boxes which must be ticked

Hosting family twice and hanging at least six pictures on the walls are also essential, it emerged

Craig Dodsworth, a spokesman for Plantherm glass which commissioned the research, said "There are many aspects that go into creating a real home and we all have a seemingly never-ending to do list for things we hope to improve

"But it seems as well as improving the environments we live in we have to experience certain moments or aspects of life under a roof in order to call it a home

"We're very territorial and it's no surprise to see that we like to feel a place is really ours by quickly getting rid of the previous owners influence on the property"

The results emerged from a study carried out among 2,000 home owners

It found the average Brit will spend £5,044 personalising their space, with the first target being the living room, followed by the main bedroom and kitchen

It also emerged 40% of homeowners don't properly feel their house is their home until they have stopped receiving the previous owners mail

One in five said a house wasn't officially a home until they're on first name terms with the neighbours

Laying new carpets, doing up the bathroom and ripping out the kitchen were named as key areas to focus on in the house, while fitting new windows were also high up on the to-do list.

Nearly half of the survey insisted for a house to really feel a home, all signs and traces of the previous owners need to be removed

It takes decorating at least four rooms for the average Brit to feel the place where they live is really theirs, while 40% insist they have to tackle every room in the house to be content.

The typical property owner had lived in their current property for over seven years, but one in four still didn't consider it a home

And some people aren't too much of a hurry – 25% are still yet to fully unpack.

In fact, it takes the average homeowner six months and 15 days to unpack completely when moving to a new property

Craig Dodsworth added "The results show just how important it is to feel warm and comfortable in the place we call home but it takes almost a year and a half for the average person to properly achieve that.

"It seems that making renovations to a house has a big part to play in making it feel more like a home"

Top 10 things which make a house feel a home

1 Making it warm
2 Enjoying a first Christmas
3 Filling all rooms with furniture
4 Cleaned top to bottom
5 Experiencing all four seasons in the house
6 Planting your own things in the garden
7 Fitting your own toilet seat
8 Stripping the walls
9 Having a birthday
10 Being on first name terms with the neighbours

Top 10 home to do list

1 Paint each room
2 Lay new carpets in each room
3 Do up the bathroom
4 Kip out the kitchen
5 Fit new double glazing
6 Add new front door (or paint existing one)
7 Re-landscape the garden
8 Lay a new driveway
9 Add a conservatory
10 Extend/add another room

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ALDWICK BAY ESTATE **£455,000**

An extended detached character house situated in the Aldwick Bay private marina estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H. u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a front sitting rm with inner lounge/dining rm, kit/breakfast rm, utility rm, en office/study, gr.fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and well screened gdns.

CRAIGWEIL PRIVATE ESTATE **£465,000**

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H. u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens.

ALDWICK BAY ESTATE **£435,000**

A well presented detached chalet house situated in the Aldwick Bay private marina estate approx. 400 yards from the private beach. The property has been made the subject of a programme of refurbishment in recent years. G.F.H. u.P.V.C. double glazing, fascias & soffits, spacious triple aspect L shaped living room, dining room, fitted kit/breakfast room, shower room, conservatory, utility room/workshop, games room/bedroom, four bedrooms, good sized bathroom, garage with carport and gardens. N.B. The large games room/bedroom will take a full sized snooker table or could provide annexe accommodation if desired.

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden.

ALDWICK **£385,000**

An extended and well presented detached family house situated in a cul-de-sac within 400 yards of local shops and approx. 3/4's of a mile from schools and the beach. G.F.H. u.P.V.C. dble glazing and fascias, cloakrm, spacious L shaped lounge/dining rm, study, kitchen, 20' conservatory, four double bedrooms (master bedroom with en suite shower rm), bathroom, an integral garage and gardens.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge/dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS.

ALDWICK **£215,550**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakrm, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge.

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Pagham | £139,950

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Aldwick | £399,950

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Aldwick Felds | £110,000

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Aldwick | £370,950

• Four Double Bedrooms • Three Reception Rooms • Gas Fired Central Heating / UPVC Double Glazing • Modern Kitchen / Bathroom • Garage and Driveway

Pagham | £317,500

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Ducati present 1199RS13 Superbike at Intermot

DUCATI has started to reveal its 2013 range at the Intermot International Motorcycle Show in Cologne, Germany, displaying new colours in the Diavel and Superbike families and, as the famous naked icon now celebrates 20 years of production, special Anniversary versions of the Monster 696, 796 and 1100EVO. The recently released 2013 Ducati Multistrada 1200 also made its first-ever public appearance, as did the brand new 1199 Panigale RS13, which is now ready to make its debut in the World Superbike series next year. Company CEO, Gabriele Del Torchio, and General Manager, Claudio Domenicali addressed the world's motorcycle press during a special conference held on the Italian manufacturer's stand at the massive biennial event.

"Ducati has entered a new era," said Gabriele Del Torchio, CEO of Ducati. "Being part of such a prominent and significant group as Volkswagen makes us look to the future with confidence and optimism and we are very happy to be here at Intermot with so many new products to present. 2011 was a record year in the history of Ducati and we expect to continue our growth in 2012."

Falken Drift Team sets official Guinness World Record

FALKEN DRIFT Team driver Lars Verbraeken has become a Guinness World Record holder after achieving a new speed record for drifting. Driving his 503ps BMW E30 on Falken tyres, the Dutchman set the new record, achieving a speed of 111.59mph whilst keeping the car at a 45° angle for a distance of over 50 metres.

"I am delighted to hold the record as fastest drifter," said Lars Verbraeken. "Falken's high performance tyres helped me achieve total control of my BMW on track."

Falken's success in drifting extended to the most recent round of the British Drifting Championship. Held at Knockhill in Scotland on the 30th September, Rommo Nuzen from Falken's European team made a guest appearance in the championship and ended up winning the headlining Super Pro Class.

The technology and development of Falken High Performance Tyres and their driving characteristics have for many years been derived from motorsport, most recently its participation in the American Le Mans Series and Nurburgring 24 Hours. Tyre technologies developed on track are often transferred to the road, offering improvements in wet and dry grip, efficiency, feeling and control.

Falken is a brand of Sumitomo Rubber Industries Japan, with European headquarters near Frankfurt. In Europe, Falken has aggressively expanded its product range, launching new products in new sectors and niches across Europe. Falken's current products range from the track-inspired Azenis series including the latest FK453 flagship through to the efficient and innovative ZE914 and the rugged all terrain WildPeak A/T and cold weather HS449.

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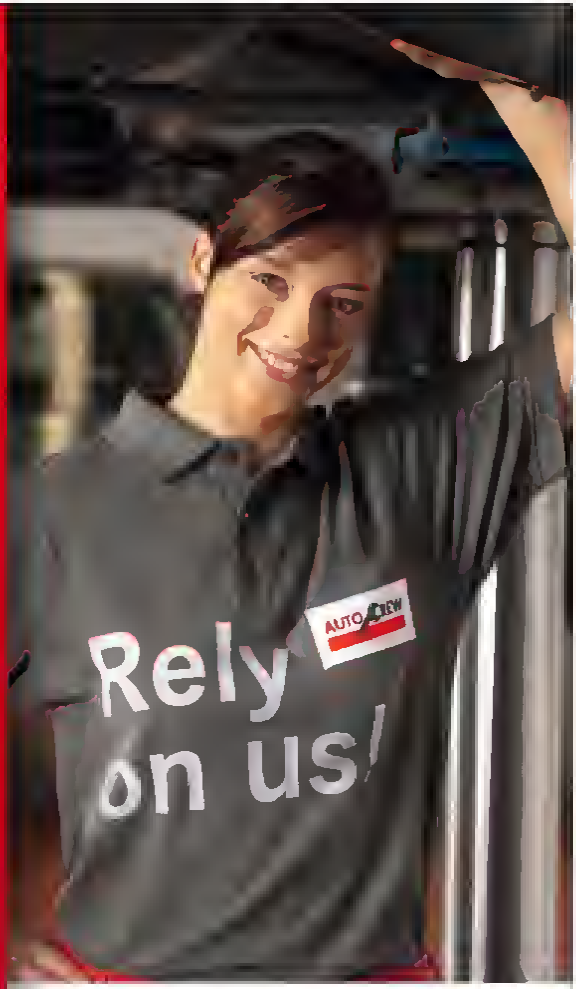

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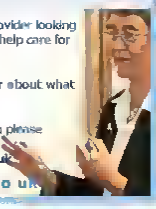

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Please note that CVs will not be accepted You must apply for the role as stated above quoting the appropriate Children's Society reference number

Clos ng date 5th October 2012.

All recruitment documents are available in alternative formats

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Straight from the commentary box

"You know what I mean... Johnny"

Johnny Cantor

OFTEN when a journalist says or writes the word Bruno in a piece it can mean different things to different people It could conjure up the picture of Frank Bruno, the former British Heavyweight boxer and his collaborations with broadcaster Harry Carpenter It could throw up the image of Sacha Baron Cohen s fictional and flamboyantly gay Austrian fashion reporter

To Albion fans who have attended the early fixtures at the Amex this season it is more likely to indicate a new Albion "cult hero" in the making. The new signing has taken to life in the Championship and Sussex, (appropriately for this summer) like a duck to water

Of course he s not just Bruno He s Bruno Saltor Grau, aged 33, born near Barcelona, former Espanyol and Valencia defender However, to Seagulls fans he is rapidly becoming an icon His marauding runs, pin point passes, crosses and fierce shots have sown the seeds of a new hero It's always difficult to know what constitutes a club hero at any club There is often a small ingredient that elevates a player to a higher status with the fans It can be their style, their hair, their smile, their moustache, and for Bruno it may be a name

His manager Gus Poyet has pronounced him fit for the trip to Derby County this weekend Without top scorer Craig Mackail-Smith the Spaniard s inclusion is a major boost in the final game before the international break. Another rip-roaring performance will have the supporters chanting his name once again before he perhaps heads for the Spanish sun for a well-deserved glass of Sangria

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Women's Football

City's form continues

Chichester City 6 Arlesey 2

CHICHESTER CITY LADIES have bounced back well after a slow start to the season and are now undefeated in five matches having convincingly beaten Arlesey Town Ladies 6-2 at Oaklands Park this on Sunday. Chi were determined to set an example to the Chichester City Girls who had turned up to support the senior side once again, they were not disappointed as the Lilywhites dominated the match from start to finish.

The match started fast with both full backs Paul and Hughes-Jones, putting crosses into the box within the first 90 seconds. This followed with a flurry of shots from Chi with the wood work coming to Arlesey rescue on several occasions. With Wride and Evans grassing the wings well, soon a cross found Challen who smashed the ball home only to be declared offside. Chichester continued to press as Arlesey caught them on the counter attack, Chichester's players all stopped still after a blatant hand ball and Arlesey continued and rolled the ball in the net to go in 1-0 at half time.

Chichester came out all guns blazing and Shrubb took just four minutes to notch up yet another hat trick. Chi Ladies continued to dominate and soon Shrubb added a fourth with help from Widdowson. A mistake from Starkey allowed the Arlesey striker in as they got one back. Soon Chi had won another set piece on the wide right and Starkey made up for her mistake converting an outstanding in swinging free kick. Super sub Ambler scored yet again to make it six.

Chichester travel back to Arlesey next week in the first round of the league cup.

City: McNamara, Hughes-Jones, Paul, Starkey, Richardson, Willett, Widdowson, Wride, Evans, Shrubb, Challen. Subs: Ambler, Harnett, Ogden and Selby.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	10	9	1	0	32	6	26	28
PEACEHAVEN & TELS.	9	6	2	1	27	20	17	20
REDHILL	9	6	2	1	22	9	13	20
RYE UNITED	10	6	2	2	23	14	9	20
LANCING	10	6	1	3	23	13	10	19
HASSOCKS	10	6	1	3	23	15	8	19
RINGMER	9	6	1	2	16	8	8	19
LINGFIELD	8	4	1	3	17	15	2	13
ARUNDEL	8	4	1	3	11	11	0	13
SHOREHAM	10	4	1	5	16	17	-1	13
DORKING WANDERERS	9	3	3	3	15	14	1	12
SELSEY	9	3	2	4	10	17	7	11
HORSHAM YMCA	9	3	1	5	20	14	6	10
PAGHAM	7	3	1	3	13	14	-1	10
SIDLEY UNITED	9	3	1	5	13	29	16	10
ST FRANCIS RANGERS	10	2	3	5	13	17	-4	9
CHICHESTER CITY	11	2	3	6	15	26	11	9
CROWSBOROUGH ATHLETIC	9	3	0	6	11	25	-14	9
EAST GRINSTEAD TOWN	10	2	2	6	11	20	-9	8
AFC UCKFIELD	9	1	3	5	15	21	-6	6
HAILSHAM TOWN	8	2	0	8	10	23	13	6
WORTHING UNITED	9	0	2	7	9	27	-18	2

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLE COMMON	9	6	1	2	21	11	10	19
NEWHAVEN	8	5	2	1	18	11	7	17
LITTLEHAMPTON TOWN	5	5	0	0	16	2	14	15
BEXHILL UNITED	7	4	3	0	16	11	5	15
EASTBOURNE UNITED AFC	8	4	2	2	25	13	12	14
MILE OAK	6	3	5	1	19	13	6	14
SEAFORD TOWN	9	3	5	1	16	15	1	14
SOUTHWICK	8	4	1	3	24	14	10	13
WESTFIELD	9	3	4	2	14	12	2	13
BROADBRIDGE HEATH	6	3	3	0	16	7	9	12
MIDHURST & EASEBOURNE	9	2	6	1	16	11	5	12
LOXWOOD	10	2	4	4	16	17	-1	10
WICK	8	2	1	5	13	21	-8	7
STEYNING TOWN	7	1	2	4	14	20	-6	5
STORRINGTON	9	1	2	6	11	28	17	5
OAKWOOD	5	1	1	3	8	12	-4	4
RUSTINGTON	9	1	1	7	10	25	15	4
SALTDEAN UNITED	9	0	1	8	10	40	-30	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
BARNHAM	8	5	1	2	25	13	12	16
HAYWARDS HEATH TOWN	7	5	1	1	16	5	11	16
BILLINGSHURST	6	4	1	1	19	11	8	13
SIDLESHAM	5	3	2	0	18	10	8	11
UCKFIELD TOWN	7	3	2	2	12	12	0	11
CLYMPING	7	3	2	2	9	11	-2	11
IFIELD	6	2	2	2	14	10	4	8
ROFFEY	5	2	0	3	10	10	0	6
FERRING	5	1	2	2	10	16	-6	5
HURSTPIERPOINT	5	1	0	4	6	10	-4	3
ROTTINGDEAN VILLAGE	7	1	0	6	7	23	16	3
ID SHIPLEY	6	0	1	5	3	18	15	1

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